



# CURACORE

INTEGRATIVE MEDICINE & EDUCATION CENTER

## Syllabus for the Online Course in Botanical Medicine

### **Module 1. Introduction to the Course and Issues We Face with Common Herbal Products**

1. Compare the requirements for evidence of effectiveness and safety of dietary supplements (herbal compounds, nutraceuticals, etc.) compared to FDA-approved pharmaceuticals.
2. Explain, as you would to clients, the differences in quality of contents between herbal mixtures bought in stores and medications purchased from the pharmacy.
3. Develop an internal set of standards regarding what should be listed on labels of herbal products based on safeguarding human and veterinary health and the environment.

### **Module 2. Good and Not So Good Manufacturing Practices. Botanical "Seals of Approval"**

1. Develop an awareness of the standards that exist for herbal and other dietary supplements, both in the human and veterinary industries.
2. Formulate an opinion about what sort of "approvals" or "good manufacturing practices" you expect to find in a supplement that you would feel comfortable recommending.
3. Compare quality control practices between the United States and China.
4. Summarize to a client what to look for on a label of a supplement.

### **Module 3. Definition of Terms and Methods of Preparation**

1. Examine the ways in which plant products are prepared for medical implementation.
2. Increase familiarity with terminology related to various herbal preparations.

### **Module 4. Homeopathic Products in "Herbal" Remedies.**

1. Homeopathic ingredients are included in a variety of "herbal" supplements and you need to be able to recognize them and distinguish which are herbal and which are homeopathic.
2. When you see the types of plants used as homeopathic agents, you need to be able to differentiate plant compounds from homeopathic dilutions so that you can ascertain the level of risk from substances such as arnica, aconite, belladonna, and nux vomica (strychnine).
3. A variant of homeopathic substances, called "flower essences" need to be distinguished from essential oils, as they are polar opposites in terms of strength and pharmacology.
4. I would like for you to develop an informed view on issues such as homeopathy, especially as they relate to the quality and standards of veterinary medicine.

### **Module 5. Herbal Mechanisms of Action**

1. List the major classes of medicinally relevant natural products derived from plants
2. Describe, in general, the mechanisms of actions of plant secondary metabolites insofar as their medicinally relevant effects
3. Apply this knowledge to products designed for consumers.

### **Module 6. Herb-Drug Interactions**

1. Critically evaluate claims about drug safety in light of the potential for herb drug interactions
2. Communicate this information effectively to clients / consumers.

### **Module 7. Chinese Herbs**

1. Cultivate a critical mindset when it comes to all herbs but Chinese herbs in particular
2. Consider ways in which the profession can improve the safety and effectiveness of herbal medicine through a scientific, rational approach.

### **Module 8. Herbs for Digestion**

1. Describe how culinary compounds that we may also regard today as medicinal herbs helped reduce foodborne illness prior to the development of refrigeration.
2. Discuss how representatives from the major classes of digestive herbs influence an individual's physiology to impart beneficial, healing effects (i.e., describe the mechanisms of action).
3. Review indications and contraindications for digestive herb representatives.
4. Weigh the pros and cons of recommending a digestive herb for a patient, taking into account the whole patient picture.
5. Consider herb-drug interactions for digestive herbs.
6. Compare the advantages and disadvantages of utilizing one type of preparation over another.
7. Critique commercially available compounds for digestive support.

### **Module 9. Herbs for Pain, Inflammation, and Arthritis**

Learn about the benefits, risks, and mechanisms of action of botanical remedies for pain, inflammation, and arthritis.

### **Module 10. Herbs for Anxiety and Seizure Disorders**

1. Learn about the benefits, risks, and mechanisms of action of plant compounds that have been used for anxiety and seizures.

### **Module 11: Herbs for Patients with Cancer**

1. Build your level of comfort with discussing herbs for cancer from a rational, scientific standpoint and to consider ways that herbs might play a role in cancer care.

### **Module 12: Herbal Antibiotics/Anti-infectives**

1. Learn about a variety of botanical antimicrobials along with their promise and limitations.

### **Module 13: Essential Oils and Aromatherapy**

1. Hone your critical analytic capacity and "follow your nose" when some of the claims made just don't "smell quite right".
2. Learn how to find answers, educate others, and encourage a higher level of scrutiny of what we do in medicine, whether it's aromatherapy or more conventional modes of care.

**Module 14: Herbs to Stop Before Surgery and Anesthesia**

1. Know the "red flag" herbs that could cause perioperative or anesthetic complications and be able to list them for clients or colleagues.
2. Describe, in general terms, as though to a client, how the aforementioned herbs could cause problems before, during, or after surgery and/or during anesthesia (e.g., over sedation, excess bleeding, etc.)
3. Remain cognizant of the general precautions about herb quality, manufacture, and interactions while considering this specific clinical situation.

**Module 15: Cannabis**

1. Acquire a deeper awareness of the ramifications of cannabis in a medical context.
2. Learn about cannabis risks, its potential value, its active constituents, the possibility of its contamination, and its impact on the environment.

**Module 16: Introduction to the Course Wrap-Up and Example Scenarios**

1. Apply the concepts learned in previous modules to clinical situations.
2. Confidently present the pros and cons of various herbal options based on science and research.