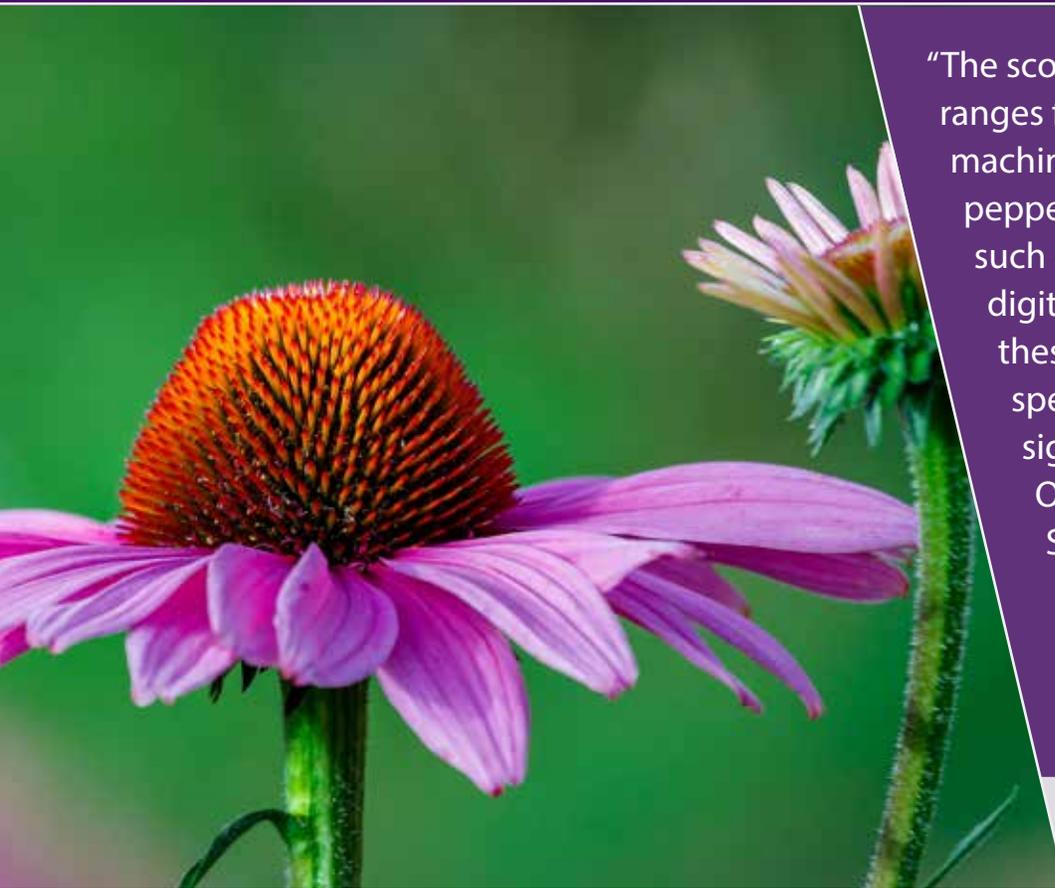


# VETERINARY BOTANICAL MEDICINE CONSULTANT



"The scope of herbal medicine ranges from mild acting plant machines such as chamomile and peppermint, to very potent ones such as foxglove (from which digitalis is derived). In between these two poles lies a wide spectrum of plant medicine with significant medical applications. One need only go to the United States Pharmacopoea to see the central role that plant medicine has played in American medicine."

-Donald Brown

**RACE approved**

**SEE WEBSITE FOR ADDITIONAL REGISTRATION INFORMATION AND COURSE FEES**

110 hours of continuing education



**CURACORE**  
INTEGRATIVE MEDICINE & EDUCATION CENTER

# IT'S OK TO BE A LITTLE GREEN.

## EMBRACE THE SCIENCE OF BOTANICALS.

### BOTANICAL MEDICINE CURRICULUM

Course Description: This online course teaches participants science-based information on botanical remedies, including their mechanisms of action, indications, contraindications, herb-drug interactions and, for cannabis, legal and ethical concerns. Instruction will comprise short videos, self-paced assignments, reading, critiques, and online quizzes. Upon completion, participants should be able to confidently discuss the pros and cons of various herbal options with their clients based on science and research.

### HAVE YOUR CLIENTS BEEN ASKING QUESTIONS LIKE THESE?

- Which herbs affect chemotherapy?
- Why did my cat become so sick after taking Chinese herbs?
- Where can I find reliable information about herbs?
- Will these herbs lead to excess bleeding after surgery?
- Is there an herbal cure for cancer?
- Is cannabis okay to give my dog?



This course provides science-supported facts on plant products in common use today. Our goal is to raise awareness about both the benefits and risks of botanical remedies and how to work with them intelligently and safely.

As with acupuncture, laser therapy, and medical massage, CuraCore teaches botanical medicine principles using factual, evidence-informed methodology. Dr. Robinson encourages providers to exercise critical thinking and to separate fact from fiction when considering the use of any integrative therapy. Doing so is especially crucial in the field of herbal medicine due to the potential for harm from biochemically active products.

The online learning format of this course arose from a year of in-depth study with a leading expert in online teaching, particularly for the “flipped” classroom setting. As a result of this eye-opening experience, Dr. Robinson has shifted her online instructional approach from the previously standard “sage on the stage”, outmoded style of teaching to one that requires learners to think, to critique, to analyze, and to engage with the instructor.

Students are taught to approach botanical medicine from a scientific, evidence-based perspective to provide the highest quality care to their patients. The goal of this course is to deepen awareness of the benefits and risks of botanical remedies and how to work with them intelligently and safely. This is not a “how to” course that will encourage you to sell and manage your patients solely on herbs. Until there is more evidence for target species, many challenges remain.

# BOTANICAL MEDICINE

## Module 1.

### Introduction to the Course and Issues We Face with Common Herbal Products

- Compare the requirements for evidence of effectiveness and safety of dietary supplements (herbal compounds, nutraceuticals, etc.) compared to FDA-approved pharmaceuticals.
- Explain, as you would to clients, the differences in quality of contents between herbal mixtures bought in stores and medications purchased from the pharmacy.
- 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”

- Develop an awareness of the standards that exist for herbal and other dietary supplements, both in the human and veterinary industries.
- 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.
- Compare quality control practices between the United States and China.
- Summarize to a client what to look for on a label of a supplement.

## Module 3.

### Definition of Terms and Methods of Preparation

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

## Module 4.

### Homeopathic Products in “Herbal” Remedies

- 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.
- 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).
- 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.
- 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

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





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

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

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

- Cultivate a critical mindset when it comes to all herbs but Chinese herbs in particular.
- 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**

- Describe how culinary compounds that we may also regard today as medicinal herbs helped reduce foodborne illness prior to the development of refrigeration.
- 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).
- Review indications and contraindications for digestive herb representatives.
- Weigh the pros and cons of recommending a digestive herb for a patient, taking into account the whole patient picture.
- Consider herb-drug interactions for digestive herbs.
- Compare the advantages and disadvantages of utilizing one type of preparation over another.
- Critique commercially available compounds for digestive support.

# BOTANICAL MEDICINE

## **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**

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**

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**

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

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

- Hone your critical analytic capacity and “follow your nose” when some of the claims made just don’t “smell quite right”.
- 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**

- Know the “red flag” herbs that could cause perioperative or anesthetic complications and be able to list them for clients or colleagues.
- 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.)
- Remain cognizant of the general precautions about herb quality, manufacture, and interactions while considering this specific clinical situation.



**Module 15:**  
**Cannabis**

- Acquire a deeper awareness of the ramifications of cannabis in a medical context.
- 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**

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



## COURSE CONTENT AND ACCESS

Enrollees have access to the online materials for one year following their enrollment. Content includes 16 modules that participants complete at their own pace. Each module may contain videos, reading assignments, and homework.

Upon completion of the program participants receive the designation Certified Veterinary Botanical Medicine Consultant (cVBMC) and certificate of completion.

## ADMISSION ELIGIBILITY

Registration is open to veterinary healthcare professionals. The course is not a substitute for proper training, education, or licensure in veterinary medicine, but is intended solely as a source of scientific, evidence-based knowledge.

## CONTINUING EDUCATION INFORMATION

Please contact your state's licensing agency or comparable regulatory board (if you practice outside of the United States) in order to determine whether this course qualifies for the 110 continuing education credits which are RACE approved. Those who satisfy all the requirements of the program will receive a certificate of completion. Botanical Medicine Consultant (cVBMC) and certificate of completion.

**Please contact us if you have any questions or would like more information.**

Sharon@CuraCore.org | 970.818.0851

## COURSE OBJECTIVES

- Describe the pros and cons of plant-based products for an array of medical conditions.
- Assess the risk of herb-drug interactions prior to surgery.
- Appraise the quality of herbs based on how they are prepared, supplied, and manufactured.
- Compare the preparation of herbs from various sources and countries, particularly in terms of heavy metal contamination, pharmaceutical adulteration, toxic ingredients, and proprietary contents.
- Contrast prescribing practices and product safety between Traditional Chinese Herbal Medicine and western herbal medicine.
- Explain the general mechanisms of action of each herb presented.
- Estimate the value of an herbal product for a given patient considering its indications, contraindications, and potential drug-herb interactions.
- Evaluate the relative safety of herbal products in a natural food store or pet supply store based on their contents and packaging.
- Rate the value of herbal databases and resources based on the information they provide consumers as well as healthcare professionals.
- Formulate a plan to safely introduce well-studied botanical compounds into your practice.



# YOUR NEXT STEP STARTS HERE

REGISTER AND BEGIN LEARNING TODAY.

[curacore.org/botanical-medicine/](http://curacore.org/botanical-medicine/)

## EXPAND YOUR PRACTICE WITH BOTANICAL MEDICINE CONSULTATIONS.



### **Narda G. Robinson** DO, DVM, MS, FAAMA

Dr. Robinson is a leading authority on scientific integrative medicine from a One Health perspective. With over two decades of practicing, teaching, and writing about integrative medical approaches in both veterinary and human osteopathic medicine, Dr. Robinson helps healthcare professionals sort fact from fiction.

A scholar, researcher, and published author, Dr. Robinson held the only professorship at a veterinary college designed specifically to investigate the legitimacy of integrative medicine. In 1998, she launched Colorado State University's first integrative medicine service and for eight years directed CSU's Center for Comparative and Integrative Pain Medicine. Over the past two decades, Dr. Robinson has taught a variety of popular, scientifically based continuing education courses, ranging from medical acupuncture and massage to herbology and photomedicine.

Dr. Robinson holds a Bachelor of Arts (AB) degree from Harvard/Radcliffe, a doctorate in osteopathic medicine (DO) from the Texas College of Osteopathic Medicine, and a doctorate in veterinary medicine (DVM) and master's degree in biomedical sciences (MS) from the Colorado State University College of Veterinary Medicine and Biomedical Sciences. She is a fellow within the American Academy of Medical Acupuncture. She also serves on the American Board of Medical Acupuncture, the board-certifying organization for physician medical acupuncturists.



### For more information contact:

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