



2023 Sage Herbal

FOUNDATIONS PROGRAM

The 2023 Sage Herbal Foundations Program

AN INTENSIVE CERTIFICATION COURSE OF FOUNDATIONAL HERBAL CLASSES, providing a rich educational base of holistic self-care, the program is updated annually to implement new topical classes for an enriched learning experience. We are especially proud of our exceptional faculty, which includes clinical herbalists with over 95 years of combined experience as well as an Associate Professor from UCCS and a teacher with 32 years' experience. Topics covered include herbal Materia medica taught by body system, herbal constituents, identification in the field, harvesting, processing, preparations, herbal action formulating, nutrition, constitutional assessments, herbal research methods, aromatherapy and more. Classes are held on Saturdays, from April – October, with several breaks between classes.

What to Expect

These classes offer a solid foundation of herbal training for those wishing to incorporate herbal healing into their own lives or to begin a career in the healing arts. Students will have the opportunity to absorb and share information in an exciting atmosphere of participation and community. Graduates are given tools necessary to create herbal protocols and preparations for many common health imbalances within their circle of family and friends.

Earn a Certificate

Students will have the option to complete homework and assignments in order to earn a certificate or may audit the program if preferred. Students planning on earning a certificate will be responsible for weekly assignments, as well as designing and creating their own herbal preparations and protocols for the student projects. Students should prepare to spend 2-3 hours per week on study and homework and should plan to attend classes and complete assignments.



2 | The Faculty



VALERIE BLANKENSHIP, Registered Herbalist, AHG.

is the program developer and lead instructor, with over 32 years' experience as clinician, herbal educator and formulator. Her approach is anchored in Vitalism, a tradition that respects the body's innate ability to heal itself if given the proper physical, spiritual and mental nourishment. She teaches classes at UCCS, Elderberry's in Paonia, and at regional Herb Conferences. She was chosen as one of the Best Holistic Practitioners in the Colorado Springs Community for seven years.

YAREMI DÁVILA is a pharmacist who was trained in herbal preparations at the beginning of her career. She is a 2021 graduate of the Sage Herbal Foundations Program. She is the general manager of Sage Consulting and Apothecary and oversees the herbal lab. She is currently applying her knowledge and experience in Quality Control to the herbal field. Yaremi believes that food is the best medicine for our bodies.



ZULEYKA HAMILTON is an herbalist, working as a Student Clinician and Flower Essence Practitioner at the Colorado School of Clinical Herbalism. She believes in supporting the physical, emotional, and spiritual bodies by empowering clients through education on plant medicine, nutrition, flower essences, and vitalist practices.

MARGARET HARRIS, PhD, MS HC, Associate Professor of Nutrition Helen and Arthur E Johnson Beth-El College of Nursing and Health Sciences and graduate of the 2013 Herbal Foundations Program. Dr. Harris specializes in the study of the gut microbiome and dietary supplements.



SHELBY IRVIN is a natural mama, Certified Lactation Counselor, Birthworker, and Student Midwife who has vowed to help others find their rhythm as they transition through the many phases of mamahood. Shelby strives to create a safe place for mamas and families of color to be who they are without having to explain their mere essence with her practice known as The Soulful Mama, located in Colorado Springs.

BRIGITTE MARS, an herbalist with over 40 years' experience. She teaches all over the country and is the author of many books and DVDs, including *The Desktop Guide to Herbal Medicine*, *Beauty by Nature*, *Addiction Free Naturally*, *The Sexual Herbal*, and *Rawsome!*, as well as the herbal phone app, iPlant.



STEPHANIE SIBERT is a Certified Professional Midwife working as educator and private practitioner in the Colorado Springs area and around the country. She is dedicated to empowering individuals with the information they need to self-uphold their autonomy, rights, and personal health throughout the womb's miraculous cycle—from puberty, through the childbearing years, through menopause, and beyond.



JEANIE TAYLOR with 32 years teaching experience, a life-long gardener with a Permaculture Design Certificate and 2015 graduate of the Sage Herbal Foundations Program, which she considers “a live-changing learning experience”.

Recommended Books

The following books are recommended for students of the Sage Herbal Foundations Program. Although not required, they are reliable sources written by knowledgeable herbalists with clinical experience and are highly useful for research in and out of the classroom.

- *Botany in a Day: The Patterns Method of Plant Identification* by Thomas J. Elpel
- *Clinical Herbalism, Plant Wisdom from East and West* by Rachael Lord
- *The Herbal Medicine-Maker's Handbook: A Home Manual* by James Green
- *Herbal Tinctures in Clinical Practice* (3rd Edition) by Michael Moore
- *Herbal Vade Mecum* by Gazmen Skenderi
- *Medical Herbalism* by David Hoffmann
- *Medicinal Plants of the Mountain West* (2nd Edition) by Michael Moore

Another Great Resource:

Southwest School of Botanical Medicine: www.swsbm.com

The late Michael Moore was a brilliant and generous herbalist whose website is loaded with herbal information, downloaded herbal classics, medicinal plant images and more. You can also download his Herb Manuals for free.

2022 Sage Herbal Foundation Graduates!



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April 15th • AM: The History of Herbalism – with Valerie Blankenship

We will delve into the fascinating history of the rise and fall to the current resurgence of herbalism. You will meet the amazing women and men (as well as some dastardly characters) who played an important role in the riveting story of herbalism throughout ancient history until modern day.

April 22nd • AM: Healing Digestive Disorders – with Dr. Margaret Harris

This class will cover the digestive system and how to maintain its health. We will look at major digestive imbalances, including constipation, diarrhea, IBS, colitis, parasites and candida. Included in the class will be information on food combining, juicing, raw food diets, cleansing and weight loss basics.

April 29 • AM & PM: Life-Changing Fermented Foods – with Valerie Blankenship

Fermented foods have been used by traditional people all over the world for thousands of years. If used on a regular basis, fermented foods can provide amazing health benefits to help reverse many wide-ranging conditions. In this exciting new hands-on class, you will learn the traditional methods of preparing cultured foods of all kinds in your own kitchen. Together, we will prepare a delicious fermented dish for you to take home for your own use.



May 6th • AM: Healing Cardiovascular Disorders – with Dr. Margaret Harris

This class will cover the cardiovascular system, including the heart, arteries, and veins. We will examine the root causes of heart disease, varicose veins, high and low blood pressure, poor circulation, and cholesterol imbalances and how to reverse these disorders using herbal strategies and proper diet.

May 13th • AM: Healing the Pancreas – with Valerie Blankenship

In this class we will learn the causes of diabetes and hypoglycemia. Proper nutrition and supplementation with herbs and other nutrients can reverse these disorders if caught in time. We will review what optimal blood sugar levels are, and you will get to take a glucose test in class to determine whether your blood sugar is in balance.

May 13th • PM: The Central Nervous System – with Zuleyka Hamilton

Learn to soothe the emotional body for better stress relief, mood, sleep, and joy. You will be given tools and techniques for rejuvenating the body and quieting the mind to achieve optimal balance in the Central Nervous System.

May 20th • AM: Herbal Medicine Making I: Infusions, Decoctions, Syrups & Capsules – with Valerie Blankenship

In this interactive herbal preparations class, you will learn the correct way to prepare medicinal infusions, decoctions, medicinal syrups and capsules. In addition to these preparations, there will be a fun, bonus preparation, plus lots of recipes for you to try at home.

May 27th • Memorial Weekend – no class

June 3rd • AM: Herbal First Aid – with Valerie Blankenship

This class is always a student favorite. You will be surprised at your ability to address many first aid emergencies using natural ingredients and preparations. Many of the first aid supplies can be found in your own kitchen! Included will be treatments for spider and animal bites, allergic reactions, poisonings, and heart attacks, as well as more common issues including cuts and scrapes.

June 10th • AM: A Low Elevation Herb Walk in a Magical Garden – with Brigitte Mars

(We will meet at a local garden) You will learn to identify and use many edible and medicinal plants that grow wild in the Colorado area. You will be introduced to the art of wildcrafting, plant lore, botanical pharmacology, and medicinal uses to the plants. Learn the basics of holistic healing where nature is the classroom. Plant walks emphasize understanding the medicinal actions of plants through taste and smell, as well as through traditional and clinical indications.

June 10th • PM: Sacred Psychoactives – with Brigitte Mars

Learn about the history, physiological effects and how to create a safe setting for a healing and positive psychedelic adventure.

June 17th • AM: Herbal Medicine Making II – Oils, Salves & Poultices – with Valerie Blankenship

Immerse yourself in this hands-on class, where you will learn to make your own herbal medicines for yourself and your family! You will be making herbal oils, salves and poultices in this class. In addition to learning how to make these herbal medicines, there will be a fun, bonus preparation, plus lots of recipes.

June 24th • AM: Gardening, Harvesting and Processing Medicinal Herbs – with Jeanie Taylor

Get inspired to grow your own food and medicine. We will discuss site evaluation, soil building, appropriate herbal and edible plantings, pollinators, and garden maintenance. We will visit a local garden with many examples of herbs and edible plants. During this experiential class, you will also learn how to properly harvest, process, and dry medicinal leaves, flowers, roots and seeds, each in their correct season to capture medicinal constituents at their peak.

July 1st • July 4th weekend - No Class

July 8th • AM: A High Elevation Herb Walk – with Valerie Blankenship

(We will meet on a trail in Woodland Park) On a beautiful winding nature trail in Woodland Park, you will learn many of the Colorado front range high elevation plants. There will be a focus on the medicinal properties, preparations and uses of these plants. You will learn the most important plant characteristics needed to identify the many edible and medicinal plants that grow wild at this higher elevation.

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July 15th • AM: Herbal Medicine Making III – Tinctures & Percolations – *with Yaremi Dávila*

You will be learning how to calculate and prepare tinctures and percolations in this herbal preparations section. You will learn the medicinal properties of some important herbs, and you will leave with lots of useful recipes.

July 22nd • AM: Student Teacher Day

During this class, you will have the opportunity to take a deep dive into the herb-related topics that interest you the most. On this day, students will be the teachers who will share their research with the rest of the class.

July 29th AM: Herbs for Women's Health – with Valerie Blankenship

Learn to use food, herbs, essential oils and other natural remedies to improve menstrual and breast health, libido, fertility and to ease through the menopausal years smoothly.

July 29th PM: Midwifery – with Shelby Irvin and Stephanie Sibert

Join us as we explore the many transitions of the womb from the first cycle to menopause. The womb is constantly in flux. It is so important to know all these transitions and the benefits of midwifery support through them all.

August 5th • AM: Healing Kidney & Bladder Disorders – *with Valerie Blankenship*

In this class will explore the function of the kidneys, bladder, and urinary tract and the common disorders associated with them. Bladder weakness, kidney infections, UTIs, and kidney stones will all be covered. You will learn how to properly treat these imbalances using herbs from several important categories, including demulcents, astringents, antibacterial & diuretics.

August 12th • AM: Student Teacher Day

During this class, you will have the opportunity to take a deep dive into the herb-related topics that interest you the most. On this day, students will be the teachers who will share their research with the rest of the class.

August 19th • AM: Pain and Inflammation; Healing Musculoskeletal Disorders – with Valerie Blankenship

Our bones, joints, muscles and teeth provide the framework for our entire system. What happens when inflammation and degeneration begin to weaken our valuable musculoskeletal system? How do we address the pain and stiffness experienced with arthritis and thinning bones? In this class, you will learn to use herbs to balance musculoskeletal conditions and strengthen your muscles, bones, and teeth.

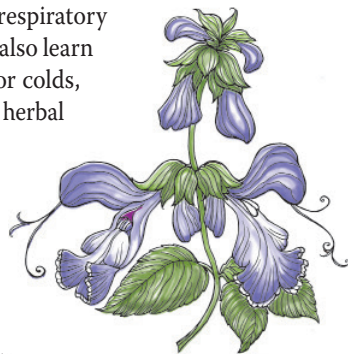
August 26th • AM: Dandelion Magic – with Valerie Blankenship

Dandelions are the perfect herbal medicine....abundant, gentle, yet extremely useful and diverse medicine in all of their parts for humans. Providing early spring nectar for the precious bees. They are important to know....from roots to their cheerful, heart warming flowers.

September 1st • Labor Day – no class

September 9th • AM: Healing Respiratory Disorders – with Valerie Blankenship

Delve into the patterns of acute and chronic respiratory disease. Learn how to regain the health of the upper and lower respiratory system using diet, herbs and special therapies. You will also learn about the side effects of common medications given for colds, flu, allergies and asthma, and how to apply safe, effective herbal alternatives.



Salvia miltiorrhiza

September 16th • AM: Healing the Immune/Lymphatic System – with Valerie Blankenship

Your immunity is an integrated system with many moving parts. In this class, we will focus on the amazing lymphatic system, a critical part of the immune system that is able to identify and destroy foreign pathogens, providing you with protection from infection and autoimmunity by strengthening the immune system.

September 23 • AM: Aromatherapy Basics – with Dr. Margaret Harris

In this fun, interactive class, we will cover the principles and applications of aromatherapy. You will learn how oils are produced, how to tell a poor quality oil from a high quality one, and how to use oils therapeutically. You will be introduced to the scents, applications, and dilutions for 10 or more important essential oils and learn practical applications and dilutions for each.

September 30th • AM: Food as Medicine - with Brigitte Mars

Learn about eating with the seasons, how the colors and flavors give hints to the health benefits of various foods. We will discuss trends and the pros and cons of various dietary paths. How to save time, money and your health through better food choices.

September 30th • PM: Beauty by Nature – with Brigitte Mars

Learn about food, herbs, supplements, and essential oils for beautiful and healthy skin, hair, nails and weight.

October 7th • AM: Comfrey Magic & Graduation Ceremony – with Valerie Blankenship

Before you go out on your own, let's talk more in depth about one of my favorite Queen Herbs, the majestic, the exotic, wound mender. She is magnificent in her magic.

8 | Registration

To Register:

- 1. Download and fill out the application available on the website:
[www.sagewomanherbs.com / Classes](http://www.sagewomanherbs.com/Classes)
- 2. Pay the deposit of \$350 (we will hold the deposit pending your acceptance into the program)
- 3. Schedule an interview with the program director Valerie Blankenship by calling 719-473-9702.

If you have any additional questions, email clinic@sagewomanherbs.com, call 719-473-9702, or better still, stop by in person at Sage Consulting and Apothecary, 2727 N. Tejon St. Colorado Springs, CO 80907.

Earn a Certificate:

The “Certificate Tract” requires a minimum attendance of 24 of 28 classes and a minimum completion of 24 of 28 homework assignments on time to receive a certificate.

Class Times:

AM Classes: held from 9:30 am - 12:30 pm. | PM Classes: held from 1:30 am - 4:30 pm.

Location:

Classes will be held in the Sage Consulting & Apothecary building classroom at 2727 N. Tejon St., Colorado Springs. There will be field trips to a high elevation herb walk in Woodland Park, a low elevation herb walk at Mesa Gardens, as well as an herbalist’s garden.

Fee Schedule:

Deposit: \$350 (Non-refundable)	July 7th.....\$250 due
April 5th\$250 due	July 5th.....\$250 due
May 3rd.....\$250 due	Total \$1,350

Discount: Pay in full by April 5th, 2023 and receive a \$100 discount.

Refund Policy:

We ask that applicants carefully consider their commitment to this program. This course will be closed after the first day of class and we will not be able to fill any vacated seats. Therefore, we offer a prorated refund after attending the first class, and a 50% refund of the full program cost for withdrawing within the first 30 days. No refunds are offered following the first 30 days of the program.

Online Program:

We are offering a limited number of spaces for classes online. Please let us know if you wish to attend our program via zoom. Note: several of the classes listed above will not be offered as part of the online program due to their hands-on nature. Please note your request on your application.

SAGE CONSULTING & APOTHECARY

2727 N. Tejon Street, Colorado Springs, CO 80907

www.SageWomanHerbs.com • email: Valerie@SageWomanHerbs.com

tel: 719-473-9702 • Hours: 9:30 am – 5:30 pm, M-Sat