



2024 Sage Herbal

FOUNDATIONS PROGRAM

The 2024 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 33 years' experience. Topics covered include herbal Materia medica taught by body system, herbal constituents, identification in the field, harvesting, processing, preparations, herbal actions, 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 the 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.

This brochure is printed on recycled paper with environmentally-friendly inks.

2 | The Faculty



Valerie Blankenship, Registered Herbalist, AHG is the program developer and lead instructor, with over 33 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.



Katherine Grames is an aromatherapist who loves plants and passionately believes in natural health and wellness. She has an internationally recognized certification in aromatherapy and has worked for several years as a support instructor at Aromahead Institute. She is a 2023 graduate of the Sage Herbal Foundations Program.

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 is 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.



Faculty & Book List | 3

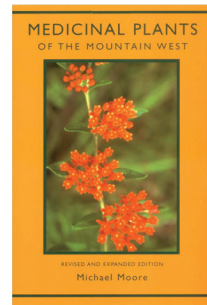


Jeannie Taylor with 32 years teaching experience, a life-long gardener with a Permaculture Design Certificate and 2015 graduate of the Sage Herbal Foundations Program, which she considers “a life-changing learning experience”.

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.



A BIG Congratulations to the Amazing 2023 Sage Herbal Foundations Graduates!

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April 13th • 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 20th • 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 27th • 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 4th • 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 11th • 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 18th • 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 25th • Memorial Weekend – No Class

June 1st • 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 1st • 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 8th • 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 15th • 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 22nd – No Class

June 29th • 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 6th • AM: A High Elevation Herb Walk – with Valerie Blankenship

We will meet on a beautiful winding nature trail in Woodland Park where 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 13th • 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 20th 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 20th PM: Midwifery – with Shelby Irvin

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.

July 27th • 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 3rd • 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 10th • AM: Student Teacher Day

August 17th • 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 24th • AM: Student Teacher Day

August 31st • Labor Day – No Class

September 7th • AM/PM: Healing Respiratory Disorders

with Valerie Blankenship

Delve into the patterns of acute and chronic respiratory disease, including COVID. You will discover how to regain your health following vaccines and COVID infections using 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.

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September 14th • AM: Genomics and Your Multivitamin - Is There a Connection? – with Dr. Margaret Harris

Choosing the right supplements, whether omega 3s, vitamins, minerals, or nutrients, requires some intricacy. In this class, you will learn to accurately read a supplement label and choose particular forms for best bioavailability. You will be introduced to the exciting new developments in the field of “Genomics” and learn how your genes play a role in your body’s ability to absorb specific nutrients. Finally, you will learn how to select your supplements wisely for the best results.

September 21st • 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 28th • AM: Dying with Grace and Ease

with Brigitte Mars

In this class, we will explore how we can be more ready to consciously choose how our end of life care can help ourselves, our descendants and our loved ones. Advanced directives, convalescence care, remedies for pain, grief, green burials, and memorials will all be discussed.



Salvia miltiorrhiza

September 28th • PM: Folk Remedies From Around the World – with Brigitte Mars

Get comfortable with inexpensive kitchen remedies that have healing properties such as apples, cabbage, honey, garlic, salt, vinegar and lemons as well as common herbs and spices found in your kitchen.

October 5th • AM: Aromatherapy Basics – with Katherine Grames

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.

October 12th • 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.

Questions? Email valerie@sagewomanherbs.com, call 719-473-9702, or 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)

April 1st.....	\$250 due	June 3rd.....	\$250 due
May 29th	\$250 due	July 8th.....	\$250 due
		Total	\$1,350

Discount: Pay in full by April 1st, 2024 and receive a \$100 discount.

Zoom Program:

Please inquire as to details.

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.

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