



2025 Sage Herbal

FOUNDATIONS PROGRAM

The 2025 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 of seven teachers, including clinical herbalists with over 100 years of combined experience, a pharmacist, 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, botany, 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 opt to audit the program if they prefer. 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 35 years' experience as clinician, herbal educator and formulator. She is an herbal clinician, practicing out of her business, Sage Consulting & Apothecary. 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 has been 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 from 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.



Margarette 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.

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.



Kat McKinnon is a Registered Herbalist with the American Herbalists Guild and a certified clinical herbalist and nutritionist from the North American Institute of Medical Herbalism, where she studied under Paul Bergner. She teaches workshops on herbalism, wild foods, and botany, while also running her clinical practice through Meet the Green. For 12 years, she worked at the Colorado School of Clinical Herbalism in Boulder and Lafayette, CO, where she served as faculty and Clinical Program Director, and is one of the co-creators of Apothecary Academy, an online herbalism program.

Olivia Rocha is a graduate of the Sage Herbal Foundations program and a lover of holistic health. She enjoys sharing knowledge with others and inspiring a connection with the earth. Years ago she fell in love with the wild foods and plants on the California coastline, which sparked a lifelong passion to immerse herself in learning the wild plants. She is a natural mama who often finds herself barefoot in the forest with her little fairy children, teaching them the herbs and wonders that can be found.





Jeannie Taylor with 32 years teaching experience, is 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 2024 Sage Herbal Foundations Graduates!

4 | Class Descriptions

April 12th • 9:30 - 12:30 (AM class): 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 12th • 1:30 - 3:30 (PM class): Constitutional Herbalism – with Valerie Blankenship

This class will provide a foundational understanding of the constitutional approach to clinical herbalism which focuses on strengthening underlying issues and constitutional weaknesses unique to each person. This approach features an analysis of tissue states, organ systems, and stress patterns in choosing herbs and treatments for an individual.

April 19th • 9:30 - 12:00 (AM class) & 1:00 - 3:30 (PM class) 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 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.

April 26th • 9:30 - 12:30: 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.

May 3rd • 9:30 - 12:30 (AM class): 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 3rd • 1:30 - 4:30 (PM class): Introduction to Herbal Botany – with Kat McKinnon

In this class you'll learn the fundamentals of plant identification, including botanical terminology and plant family pattern recognition, as well as how this knowledge relates to understand poisonous, edible, and medicinal plant species.

May 10th • 9:30 - 12:30: Healing Cardiovascular Disorders – with Dr. Margaret Harris

We will explore the cardiovascular system, including the heart and circulatory system. We will examine the root causes of heart disease, varicose veins, high and low blood pressure, arrhythmia, circulatory disorders, and cholesterol imbalances and how to reverse these disorders using herbal strategies and proper diet.

May 17th • 9:30 - 12:30: Healing the Pancreas with Valerie Blankenship

In this class we will learn the underlying causes of type I and II diabetes, hypoglycemia and other pancreatic imbalances. Proper nutrition and supplementation with herbs and other

Class Descriptions | 5

pancreatic imbalances. 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 24th • Memorial Weekend – No Class

May 31st • 9:30 - 12:30: 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 7th • 9:30 - 12:30 (AM class): 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 7th • 1:30 - 4:30 (PM class): Herbs for Children's Health – with Brigitte Mars

Learn to use food, herbs and lifestyle techniques to improve children's health. We will cover teething, colic, eczema, asthma, colds, and flu, as well as childhood disorders including measles, mumps, and chickenpox. We will also cover navigating puberty and encouraging healthy eating.

June 14th • 9:30 - 12:30: 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.

June 21st • 9:30 - 12:30: 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.

June 28th • 9:30 - 12:30: 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 5th • Independence Weekend – No Class

6 | Class Descriptions

July 12th • 9:30 - 12:30: Student Teacher Day

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 and presentations with your classmates.

July 19th • 10:00 - 1:00: A High Elevation Herb Walk – with Valerie Blankenship

(We will meet on a beautiful nature trail in Woodland Park) On this easy hike, we will identify and explore 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.

July 26th • 9:30 - 12:30: Aromatherapy Basics – with Dr. Margaret Harris

In this fun, interactive class, we will cover the principles and applications of aromatherapy. You will learn how essential oils are produced, how to tell a poor quality essential oil from a high quality one, and how to use essential 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.

August 2nd • 9:30 - 12:30: Student Teacher Day II

August 9th • 9:30 - 12:30: 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 16th • 9:30 - 12:30 (AM class): 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.

August 16th • 1:30 - 4:30 (PM class): 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.

August 23rd • 9:30 - 12:30: 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.

August 30th • Labor Day Weekend – No Class

September 6th • 9:30 - 12:30: 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 address these imbalances using herbs from several important categories, including demulcents, astringents, antibacterial & diuretics.

September 13th • 9:30 - 12:30: Healing Mental Health Disorders – with Valerie Blankenship

We will explore how herbs and supplements, combined with emotional release practices, can help to support and balance issues with anxiety, tension, depression and sleep.

September 20th • 9:30 - 12:30: Eating the Wild Weeds – with Olivia Rocha

In this class, you will be introduced to the magic in the weeds and the woods. The exotic herbs are wonderful, but often the resilient and abundant local plants are the richest in their healing and most potent in their nutrition. You will enjoy wildcrafted herbal treats and recipes and be inspired by the most sustainable local herbs the earth has to offer.

September 27th • 9:30 - 12:30: Healing Respiratory Disorders – with Valerie Blankenship

Delve into the patterns of acute and chronic respiratory disease, including COVID and the Bird Flu. You will discover how to regain your health following vaccine injuries and Long COVID 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.



Salvia miltiorrhiza

October 4th • 9:30 - 12:30: Herbal First Aid – with Valerie Blankenship

You will be surprised at your ability to address many first aid emergencies using natural ingredients and preparations. Many herbal 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.

October 11th • 9:30 - 12:30: 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. Friends and family are invited to join you for a special ceremony where eligible students will receive their certificates and celebrate their entrance into the amazing world of herbalism!

8 | Registration

To Register:

1. Fill out an application: available at the Sage Consulting & Apothecary store, or download it from the website: www.sagewomanherbs.com/classes. Drop off at the store or email to clinic@sagewomanherbs.com.
2. Pay the deposit of \$400 (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 as well as a minimum completion of 24 of 28 homework assignments on time to receive a certificate.

Class Times: With a few exceptions (noted next to each class listing), AM Classes are 9:30 am - 12:30 pm and PM Classes are 1:30 am - 4:30 pm

Location: Most classes will be held in the Sage Consulting & Apothecary building classroom. There will also be 3 field trips, one to Woodland Park, a nearby xeriscape garden, and an herbalist’s garden.

2025 Fee Schedule:

<i>Deposit: \$400 (Non-refundable)</i>	June 3rd.....	\$250 due	
April 1st.....	\$250 due	July 1st	\$250 due
May 6th.....	\$250 due	Total	\$1,400

Discount: Pay in full by April 1st, 2025 and receive a \$100 discount.

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