



A Life Of Peace

Naturopathic Herbology Correspondence Course Syllabus

Objective: To offer distance Holistic Health education opportunities to students or for students who need a self-paced learning curriculum to become a confident and qualified herbalist.

Instructor: Dr. K. Akua Gray

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A lifestyle of spiritual strength, good health, positive emotions, and mental clarity is a birthright. However, in the scope of centuries past we have lost connection with the very essence of who we are as divine energy. My goal in providing this certification course to all communities is to do my part in restoring the principles of MAAT to a world in dire need of change through light and balance.”
- Dr. Akua

Earn certification as a Naturopathic Herbalist. This certification can be used for personal, family, and community service. It can also be used in professional health services as a herbalist, nutritional consultant, and herbal manufacturer.

Herbology is the specially designed medicinal component to healing and nurturing the whole person made available by nature. This self-paced course is a global survey of healing paradigms and includes 13 training lessons in the following course curriculum:

Human Nutrition
Herbal Nutrition
Herbs, Enzymes and Hormones
Basic Botany
Edible Wild Plants
Basic Herbal and Medical Terminology
Herbal Medicine Preparations
Herbal Products Guidelines
Western Pharmacology
Drug and Herbal Interactions
Cross Cultural Herbology
Tropical Medicinal
Indigenous Herbs/Spiritual Healing
Ayurvedic Medicine
Ancient Medicine Today

Course Format: The format and the philosophy of the course is designed to promote self-directed learning in earning certification as a Naturopathic Herbalist. Each lesson will include a Reading Assignment, Writing Assignment and Kinesthetic Learning Assignment.

Course Hours: Each lesson is designed for the student to spend at least 8 hours on the learning principle of the topic for an average of 120 hours of research and practical time. 5 hours will be allotted for the final exam. 5 hours will be dedicated to the course essay. 20 hours will be dedicated to Case Study Assessment. Certification total time: one hundred fifty (150) class hours.

Required Textbooks:

Natural Health and Wellness Consultant Certification Manual, 5th Edition, by K. Akua Gray, published by Bojakaz Management. www.alop-store.com

The Way of Herbs by Michael Tierra C.A., N.D. (1990), New York, NY: Pocket Books and

Prescription for Nutritional Healing: The A-to-Z Guide to Supplements Balch, Phyllis A., (2002). New York, NY: Avery You are welcome to use our affiliate link
<https://www.alifeofpeace.org/herbalist-certification>

Supplies needed (optional): Herbology Starter Kit (Please reply email if your are interested in purchasing, they are available through special order only.)

Assignments: Assignments are due after the completion of every 3 lessons. Assignments are to be typed into a word processing doc, preferably Microsoft Word or PDF and emailed to akua@alifeofpeace.org. Student will receive a verification email when assignments are received by the instructor.

The Course Essay will be a 1000 word minimum essay on one of the fields of study that you encountered during your lessons. Although you are being asked to choose one of the subjects from your lessons, please do not copy from the lessons. You may use quotes however the ideas of the essay must be your own. You are to present a unique contribution of your own ideas to the already existing knowledge on your subject of choice. This you will gather from your own research. All proper documentation of resources is required, and correct grammar is to be used. No MLA citing is necessary.

The Final Exam will be an online final to be taken after completion of your Course Essay. When you are ready to take your final please send an email to akua@alifeofpeace.org at least 3 days in advance to ensure that your request is received in a timely manner. After your final exam request is confirmed, you will receive an email with your final on the morning requested. You will have 5 hours to complete your final and return it via reply email attachment.

10 Case Study Assessments will be your last assignment to certification. After your final exam is taken you will then receive via email and work on the Case Study Section of your Naturopathic Herbology Correspondence Course. Each Case Study requires a Care Plan especially designed for

the fictional client. This is a carefully scrutinized aspect of your course and should be very thorough and precise.

Grading Scale: 80% passing must be achieved on all assignments

Recommended Reading:

Basic Herbs: for Health and Healing by Rashan Abdul Hakim (1989)

Essential Oils Pocket Reference Forth Edition. Essential Science Publishing (2007)

Field guide to North American Edible Wild Plants by Thomas S. Elias and Peter A. Dykeman

The Revised The Natural Way. Compton, CA: D. P. G. Goss, P. (2006)

The Condensed Encyclopedia of Healing Foods: A User Guide to the Nutritional Benefits and Medical Properties of Food. New York, NY: Pocket Books. Murray, M., Pizzorno, J., Pizzorno, L. (2006)

The Real Vitamin and Mineral Book Second Edition: Using Supplements for Optimum Health. Garden City Park, NY: Avery Publishing Group Lieberman, S., Bruning, N. (1997).

The Herbal Medicine Maker's Handbook Green, James (1990). Forestville, CA: Wildlife and Green Publications

Chosen to Heal: African Traditional Health Care as a way of Life Asare, B. Kofi, (2008). Tema, Ghana – West Africa: PAMA Health