Documented Herbal/ Wellness Study

Jenel Schaffer

What follows is an hourly description of my study between 1998 and the present with a focus on courses and independent study.

**Family Herbalist Course (School of Natural Healing Utah)**

**Nutritional Herbalist Course (School of Natural Healing Utah)** *Fundamentals of Natural Healing*

**Basic Human Sciences (150 hours needed) 358**

-Spring 1999, 90h, Millersville University 3 credits received A- General Biology

-Fall 1998, 90h, Millersville University 3 credits received A- Physical Anthropology

-Spring 2021, 40h The School of Natural Healing Utah, Anatomy & Physiology Level 1700 (Understanding the workings and physiological makeup of the human body is essential in working with the body toward complete healing. This course offers college level anatomy training in the functions of the organ systems and how they relate to each other. A specific emphasis is placed on applying herbal healing to the common diseases of each organ.) \*\*TEXT 13th Edition of The Human Body in Health and Disease by Barbara Janson Cohen

-Fall 2002, 90h, Kutztown University 3 credits received- General Psychology

-Fall 2009, 35h The School of Natural Healing Utah- Men & Women’s Health

-December 15, 2020 5h Universal Class CEU credit .5 The Art of Breathing

-February 13, 2020 3h Universal Class CEU credit .3 How to Improve Your Concentration

-February 28, 2020 5h Universal Class CEU credit .5 Improve Listening Skills

 **Pharmacy, Pharmacognosy, and Dispensing (80 hours needed) 149.5**

-June 2000, 1.5h, Lecture Dr. Charis Lindrooth- Understanding the Safe Use of Tinctures

-September 2006 Dr. Christopher, Herbal Home Health Care text

-September 2006 20h Study Guide for Herbal Home Health Care

-September 2006 David Christopher An Herbal Legacy of Courage text

-November 2006 2h DVD David & Fawn Christopher MH Fundamentals of Herbology

-November 2006 1h DVD David & Fawn Christopher MH Simple Home Remedies

-January 2007 20h Study Guide for Herbology and Simple Home Remedies

-Fall 2010 35h, The School of Natural Healing Utah- Herbal Preparations Level 1100 (Gives the student a foundation in herbal self-sufficiency by showing them how to make herbal preparations. Teas, fomentations, poultices, ointments, extracts, tinctures, oils, and liniments are described and demonstrated by Master Herbalist, Debra St. Claire (SNH graduate). \*\*TEXT **The Herbal Medicine Cabinet - Preparing Natural Remedies at Home by Debra St. Claire**

-Spring 2020 35h The School of Natural Healing Utah- Herbal Chemistry Level 1200 (This level is designed for anyone who wants an in-depth understanding of how medicinal plants work.  Step by step the student will be introduced to the language of phytochemistry and gain an understanding of the personalities and activities of the constituents in medicinal plants.) \*\*TEXT Lisa Ganora, Herbal Constituents- Foundations of Herbal Phytochemistry

-Spring 2020 35h The School of Natural Healing Utah- Herbal Formulary Level 1300 (Level 1300 continues with Dr. Christopher's lectures, touching on a wide variety of subjects including herbs such as lobelia, onions, false unicorn, slippery elm, comfrey, barberry, peppermint, horseradish, ginger root, black pepper, clovers, and goldenseal. Dr. Christopher also gives case histories that include methods for treating urinary complaints, edema, eczema, gangrene, severe burns, heavy metal poisoning, radiation poisoning, morning sickness, menstrual pain, herpes, ringing in the ears, sciatica, heart conditions, and tonsillitis.)

**Materia Medica (260 hours needed) 230**

-October 2006 Kurt King Herbs to the Rescue text

-October 2006 20h Study Guide for Herbs to the Rescue

-April 2007 10h Audio Dr. Christopher’s New Herb Lectures (Herbs for the Heart, Lungs, Stomach, Healing the Eyes, Herbs for Skin, Herbal Diuretics)

-Fall 2009, 35h, The School of Natural Healing Utah- Herbal Traditions Level 700 (Included in this level is \*\*TEXT Jethro Kloss' Back to Eden, a definitive work on natural therapies and health.  You also get The School of Natural Healing's 100 Herb List and Herb Flashcards.  The Formula Assignment will help you become more familiar with Dr. Christopher's herbal formulas)

-Fall 2009 Sandra Ellis Dr. Mom text

-Fall 2009 20h Study Guide for Dr. Mom

-Spring 2020 35h, The School of Natural Healing Utah- Dr. Christopher’s Practicum Level 1300

-Fall 2020-Present Independent Study of 40h Rosemary Gladstar The Science and Art of Herbalism Course (Materia Medica)

-Summer 2020 35h The School of Natural Healing Utah- Herbal Formulary Level 1400 (advanced realms of herbal study. Students begin here with Dr. Christopher's most comprehensive herbal text, School of Natural Healing. This text includes an in depth study of over 110 herbs, including their Latin and common names, medicinal usage, case histories, and more. It also includes symptoms, causes, and natural treatments for over 80 disease conditions.)

\*\*TEXT Dr. John R. Christopher The School of Natural Healing

-Winter 2021 35h The School of Natural Healing Utah- Advanced Botany Level 1800 (Christopher Hobbs shares his unique knowledge of the chemistry behind herbs in Level 1900. Gaining a better understanding of how herbs work and their effect upon the human body enables herbalists to provide better information for their clients. Christopher Hobbs brings a new perspective to herbal medicine by merging science and nature in an effort to understand plants and their healing properties.) \*\*

**Practice Management and Ethics (30 hours needed) 50**

-February 2007 4h Audio David & Fawn Christopher Vaccines and More Vaccines

-February 2007 1h Audio David & Fawn Christopher Master Herbalist Speak

-Fall 2020-Present Independent Study of 10h Rosemary Gladstar The Science and Art of Herbalism Course (Practice management as well as ethics and Jurisprudence)

-Spring 2021 35h, The School of Natural Healing, Jurisprudence- Master Herbalist David Christopher rounds off the Master Herbalist training by sharing his firsthand accounts as a practicing herbalist. David defines the legal limits an herbalist must work within when educating the public. He also teaches methods of establishing a successful herbal practice without falling into the trap of prescribing or diagnosing.

**History , Philosophy  and Therapeutic Paradigms and  Applications  (Including Energetics) of Various Systems of Herbal Medicine (120 hours needed) 251.5**

-March 2007 1.5h DVD David Christopher MH- Herbal History

-April 2007 David Christopher MH, 10h Study Guide for Vitalist Seminar Videos

-January 2007 1h Audio Dr. John R. Christopher Internal Cleansing

-January 2007 1h Audio Dr. John R. Christopher Safety of Herbs

Spring 2007 35h, School of Natural Healing Utah- Introduction to Vitalism Level 200 (Discussed the rich history of Herbal Medicine)

-Fall 2007 35h, The School of Natural Healing Utah- Holistic Herbalism Level 300 (Discussed specific ailments characteristic in men, women, and children. Simple methods used not only for healing, but also for prevention of common diseases are outlined)

-Spring 2008 35h, The School of Natural Healing Utah- A Vitalistic Approach to Disease Level 500 (expounds on diseases such as cancer, diabetes, hyperactivity, depression and other mental and emotional disorders that have become all too common in countries that follow the "American diet". David Christopher discusses how each disease is caused and how it can be prevented and treated using natural methods.) \*TEXT Dr. John R. Christopher Curing the Incurables

-April 9, 2017 5h Universal Class CEU credit .5 Healing Affirmations

-Fall 2019 1h, Tammi Sweet Physiology with Heart- Online lecture

-January 6, 2021 7h Universal Class CEU credit .7 Kinesics 101- Learn to Read Body Language

-Summer 2020 35h, The School of Natural Healing Utah- Herbal History Level 1500 (Unlike modern medicine, which becomes outdated every few years as new knowledge is gained, herbal knowledge has remained consistent throughout the ages. This level enlightens the student to the vast and proud history of herbalism. Students discover the ancient roots of herbalism and the history behind modern medicine.) \*\*TEXTS Green Pharmacy by Barbara Griggs & A Modern Herbal Books Volume 1 & 2 by Margaret Grieve

-Fall 2021 40h, The School of Natural Healing Utah- Herbal Therapies Level 1600 (Richard Schulze, M.H. (SNH graduate), began teaching with The School of Natural Healing after studying under Dr. Christopher for many years. Richard's straightforward herbal approach has made him a popular herbalist. His lectures inspire students to further their education and use their knowledge to heal. Nearly 20 hours of video include Richard discussing his own start in the health field, case histories from his clinic and many other fascinating stories.)

-August 2021 10h The Black Walnut Festival, Herbs of the Gullah Geechee Ketnu Nefer, Cacao Medicine & Ceremony FreeDom Flowers

-February 24th, 2022 5h Universal Class CEU credit .5 Auras- Viewing Identifying and Understanding

**Nutrition and Medical terminology (80 hours needed) 121.5**

-Spring 2000 55h, Kutztown University, 2 credits received B- Personal Health Management

-March 2007 1.5h DVD David Christopher MH- Super Immunity

Dr. Robert Mendhelsohn, MD How to Raise a Healthy Child in Spite of Your Doctor

-March 2007 20h Study guide for How to Raise a Healthy Child

-April 2007 10h A Healthier You CD album containing 10 programs on various health topics (David & Fawn Christopher MH)

-Spring 2008 35h, The School of Natural Healing Utah- Nutrition Level 400 (Enlightened the student on the foundational importance of whole foods and their role in health. Learn to create a healthy diet emphasizing the importance of whole grains, fruits, vegetable, nuts, and seeds. The lectures cover what type of water is best to drink, internal cleansing procedures, reprogramming genetics, recipes for good health and more.) \*TEXT Joel Fuhrman M.D. Eat to Live & Little Green’s Inc. Think Tank Transfiguration Diet

**Botany and Plant Science (60 hours) 111**

-Spring 2010, 35h The School of Natural Healing Utah- Herb Identification Level 800 (Expands the ability of the student to identify many common herbs growing around them by recognizing unique characteristics of each plant shown on The Herb Walk video tape. Le Arta Moulton gives clues to tell the difference between many edible plants and poisonous plant look-alikes.)

-Spring 2010, 35h The School of Natural Healing Utah- Botany Level 900 (Level 900 gives the student a basic understanding of herb botany. Universal botanical terms are necessary for communication in the herbal field. A basic understanding of plant structure creates a foundation for advanced herbal study. This course provides the student with hands on training in collecting and pressing plant samples for further study.)

-Summer 2010, 35h The School of Natural Healing Utah- Horticulture Level 1000 (The object of Level 1000 is to teach the student how to organically grow herbs and foods. Students will gain valuable insights on growing herbs and assessing the environment before and after herbs are planted.)

March 3, 2021 6h Universal Class CEU credit .6 Introduction to Gardening

**Spiritual Training, Emotional, Metaphysical**

**January, 2021-Present Jake Ducey Second Mind Program 100+ hours (Re-wiring the brain/ hypnosis based program)**

September 2021- November 2021 Led By Love Program 80+ hours (Relationship based program)