



Introducing

The Strategic Herbal Consulting Course

With Steven Horne

If you want to help yourself and others obtain effective results with herbs, supplements, and other natural healing therapies, you've come to the right place. I've been teaching people how to get effective results with natural medicine for over 40 years and I've helped hundreds of people to be successful in helping others heal through natural means. I'm on a mission to share this material with as many people as possible because I want to see our disease-care system replaced with a true health-care system.

This course won't teach you how to treat diseases with natural methods. Instead, it will teach you how to treat people, helping them rebuilt and restore their natural state of health. So, instead of studying diseases, we learn to understand what constitutes a healthy person and lifestyle. We then learn to look at how a person has deviated from the state of health so we can guide them back to it.

The course will consist of five modules covering a total of forty lessons. The textbook will be my *Strategies for Health* book which you

can purchase on Amazon or Barnes and Noble. I'll also be providing additional reading materials and resources from previous materials I've created.

We follow a learning model I was trained in many years ago. You capture the ideas in the lesson, then expand on them with your own study and application, and then share the ideas with someone else. This learning technique results in long term retention of the material and the ability to make practical application of it many years after learning it.

There are self-study tests you take for each lesson to ensure you've mastered that lesson. There is also a final exam for each module, which will consist of random questions from each lesson. When you pass the final exam you'll be issued an electronic certificate of completion for that module.

There will also be a final certification exam and practicum at the end of the entire program and a certification we'll provide to those who complete all five modules and the final exam and practicum.

What's great is that the whole course is part of my member program, which is only \$19.95 per month. If you become a monthly subscriber the total course will be less than \$480 and it's even less if you opt to pay by the year. Register online at stevenhorne.com/signup. Your membership fees not only give you access to other information, they also help support us continue promote the message of health on YouTube and other social media platforms.

What follows is an overview of the entire two-year training program with the dates of the live webinars. (Dates for the live webinars are subject to change and all webinars are recorded so you can watch them if you're unable to attend the live event.)

Visit [StevenHorne.com](https://stevenhorne.com) to learn more about the member program or register.

Module One

Foundational Principles of Strategic Herbalism



This module covers all of the foundational principles of the healing system I've used and taught for over 40 years. It is based on a model I created called The Disease Tree and a healing program I call the AB-C+D approach. Basically we heal through the following process:

- A. We *Activate* the innate healing ability of the body by accessing the faith we need to heal (placebo effect) and by resolving previous stress, trauma, and abuse.
- B. We *Build* the body with good nutrition and a healthy lifestyle so that the body has everything it needs to function properly.
- C. We *Cleanse* or detoxify by first reducing our exposure to toxic or irritating substances. We also help the body get rid of toxins by using fasting and detoxification techniques.
- D. While doing the above, we also offer *Direct Aid* in the form of herbs and supplements which help to restore homeostasis (the healthy state of the body) by doing two things. First, they balance the biological terrain and second, they provide support to weak body systems.



Live webinar: Jan 23, 2024

Basic Concept: Symptoms are not the enemy, they are actually efforts of the body to maintain health; we need to look for root causes and fix them, rather than treat symptoms.

Specific lesson topics:

- The Disease Tree: A holistic model of disease and health
 - Roots: Causes of disease
 - Trunk: Biological terrain
 - Main Branches: Body systems
 - Small Branches and Leaves: Diseases and symptoms
- Re-framing our understanding of disease symptoms
 - Disease symptoms as efforts of the body to detoxify
 - Disease symptoms as messages the body lacks something
 - Disease symptoms as messages something is irritating the body
 - Disease symptoms as compensating mechanisms for various system breakdowns
- What about germs? Understanding biological terrain.
- Overview of the ABC+D approach to healing

Lesson two

Pain Relief

The Proper Role of Symptomatic Treatment



Live webinar: Feb 6, 2024

Basic Concept: It's appropriate to ease people's symptoms while helping them regain their health; herbs should be primary therapy and drugs the alternative

Specific lesson topics:

- Inferior versus superior medicine
- Understanding homeostasis and its role in health
- How chemical messengers help maintain homeostasis
- Why symptom relieving drugs (and herbs) stop working
- Herbal options and drug alternatives for the following:

Analgesics	Antihistamines	Diuretics
Anti-depressants	Antivirals	Expectorants
Anti-fungals	Anxiolytics	Hypoglycemics
Anti-inflammatories	Asthma Inhalers	Hypotensives
Antibiotics	Blood Thinners	Laxatives
Antispasmodics	Decongestants	Sedatives
Anti-acids		

- Herb exclusive properties (health tonics and restorers):

Adaptogens	Antioxidants	Immune stimulants
Adrenal tonics	Cerebral tonics	Kidney tonics
Alteratives	Digestive tonics	Vulneraries

Lesson three

Constitution, Environment, and Disease



Live webinar: Feb 20, 2024

Basic Concept: Disease arises from the inability of a person's constitution to cope with the environmental stresses. Trying to understand the person who is sick is the goal of constitutional analysis. It includes a person's personality, health history (both personal and family) and looking at their overall body structure. In this lesson we'll learn about nature versus nurture in what causes people to be the way they are and how to evaluate constitutional and environmental impacts on health

Specific lesson topics:

- Review of the holistic model
- What is constitution?
- Why is constitution important?
- Constitutional typing systems
- Epigenetics: Environment and gene expression
- Evaluating environmental influences and their impact on health



Live webinar: Mar 5, 2024

Basic concept: A person will not heal if they believe they can't. In this lesson we will talk about why it's so important to work with a person's mental attitude and emotional state in helping them get well. We'll talk about how to cultivate faith to heal (placebo effect), ease stress, and understand the impact of unresolved trauma and abuse on a person's constitution and health.

Specific lesson topics:

- Placebo and nocebo effects
- Why belief is essential to health and healing
- Techniques to enhance belief
- Positive and negative mental attitudes
- Stress as an underlying cause of disease
- Unresolved trauma and abuse as an underlying cause of disease
- Overview of mental and emotional healing tools



Live webinar: Mar 19, 2024

Basic concept: No medication or supplement will make up for an unhealthy diet, but what is a healthy diet? People differ widely on the answer to that question. The truth is that there is no one diet that works for everyone, but there are broad principles of what a healthy diet consists of. We'll talk about what a healthy diet is and how we help people adopt one.

Specific lesson topics:

- The importance of nutritional density
- Listening to the body over dietary philosophy
- Choosing natural foods, avoiding processed foods
 - Replacing empty calories with complex carbohydrates
 - Replacing bad fats with good fats
 - Sourcing good protein
- Specific healing diets
 - Ketogenic diet
 - Low glycemic diet
 - Gut-healing diets
 - Eliminating allergy-causing foods
 - Blood type diet

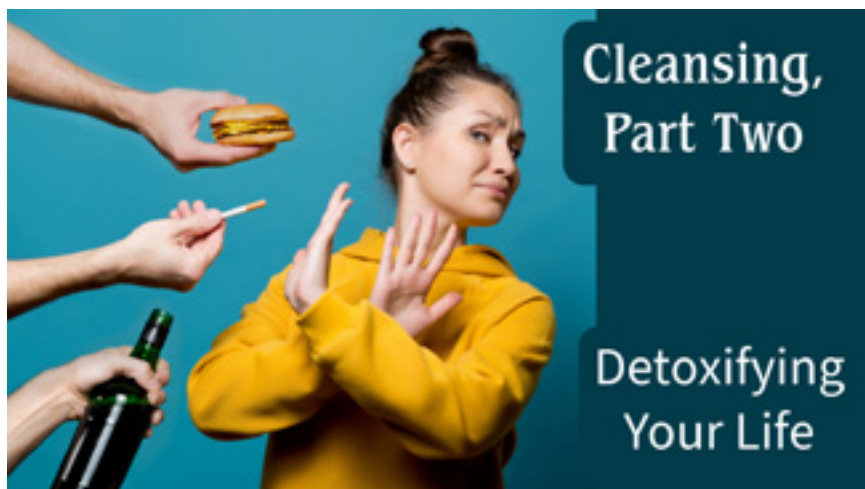


Live webinar: Apr 9, 2024

Basic concept: People often struggle knowing where to start, but there are a few basic supplements that address the root causes of a wide variety of health issues. This idea came from a discussion I had over lunch with a holistic medical doctor and a naturopath. We all agreed that certain basic supplements were the place for people to get started and this lesson is the result of that discussion.

Specific lesson topics:

- Why use supplements?
- Basic supplements to consider for restoring health
 - Digestive Enzymes
 - Minerals
 - Vitamins
 - Essential Fatty Acids
 - Probiotics
 - Fiber
 - Antioxidants



Cleansing, Part Two

Detoxifying Your Life

Live webinar: Apr 23, 2024

Basic Concept: Detoxification starts with avoiding putting toxic chemicals and harmful substances into your body. One can become overly obsessed with avoiding toxins, but the truth is no one can avoid them completely in modern society. The good news is that the body can handle a certain amount of toxicity if it has the nutrition it needs, but we should take steps to minimize the toxins and irritating substances to which we expose ourselves. It's an important basic strategy for creating lasting health.

Specific lesson topics:

- The problem of chemicals and their negative impact on health
- Xenoestrogens
- Heavy metals
- Tips for reducing chemical exposure
- Dealing with specific irritants
- Dietary: Allergens, FODMAPS, salicylates
- Substances: Caffeine, alcohol and drugs
- Electromagnetic Pollution



Cleansing, Part Two

DETOXIFYING
YOUR BODY

Live webinar: May 7, 2024

Basic Concept: Since we're all exposed to toxins in the modern world, detoxification can help remove these substances from the body and aid healing. In this lesson we'll discuss some of the basic detoxification strategies including herbs and techniques for opening up the eliminative channels. We'll also talk about various cleansing programs.

Specific lesson topics:

- Internal detoxification and external detoxification
- Opening eliminative channels
 - Colon
 - Kidneys
 - Lungs
 - Sweat glands
- Basic detoxification programs
 - Fasting and cleansing diets
 - Herbal cleansing programs

Module Two

Basic Strategic Therapies

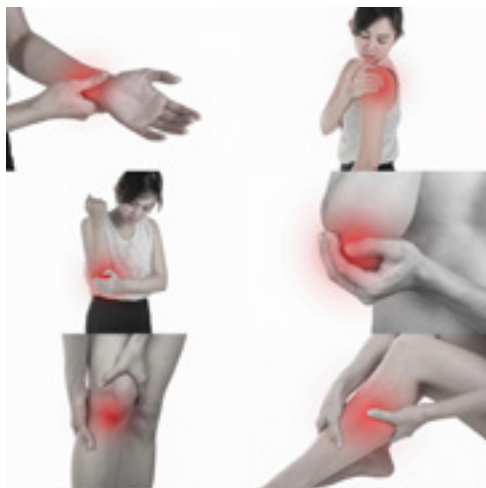
Module Two

Basic Strategic Therapies



Over the years I've learned some amazing techniques for helping the body heal rapidly from injuries and acute ailments. In this module we'll cover some of these techniques which include how to rapidly relieve pain and speed healing in injuries, how to accelerate recovery from acute illness, and apply techniques that immediately improve health and aid healing in chronic illness.

It all starts with an understanding of inflammation, which is the body's first line of defense against injury and damage. In this module you'll start to see how all disease is interconnected. It's the same process happening in different body tissues. You'll learn some basic applications of herbs, as well as how to detoxify the body in acute disease and strengthen the immune system. You'll also learn more principles about how to detoxify the body to relieve chronic inflammation.



Lesson Nine

INFLAMMATION AND BASIC PAIN RELIEF

Live webinar: May 21, 2024

Basic Concept: Inflammation has been called the “mother” of all illness. It’s the body’s first response to damage and the first stage of the disease process. It is also the primary cause of pain. Learning how to reverse inflammation is key to healing injuries and easing pain. The basic pain relief techniques covered in this class can take the pain out of most injuries in 5-20 minutes and dramatically reduce healing time. Understanding what happens when we injure ourselves lays a foundation for understanding how all disease begins, because almost all disease starts with tissue damage.

Specific lesson topics:

- Understanding homeostasis and the internal environment
- Understanding the role of inflammation in tissue damage
- Recognizing the symptoms of inflammation (“itis”)—heat, swelling, redness, and pain
- The lymphatic system and it’s role in healing inflammation
- Basic pain relief and injury reversal techniques: Pressure, massage and rapid light stroking

Lesson Ten

HERBS FOR HEALING INJURIES AND RELIEVING PAIN

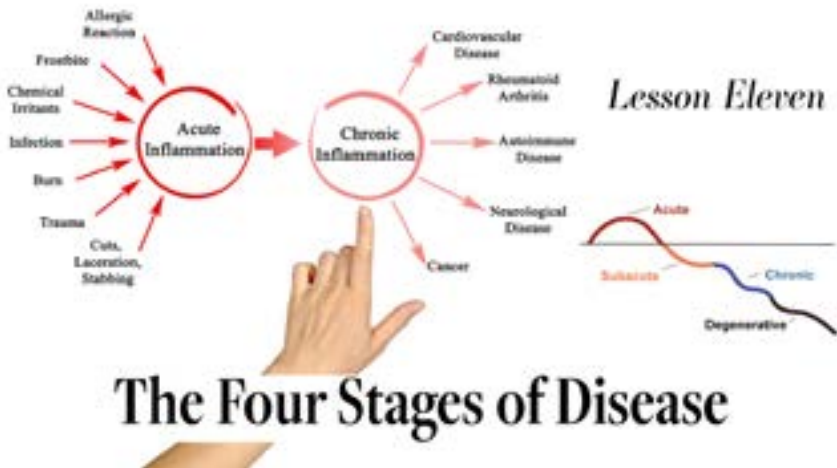


Live webinar: June 18, 2024

Basic Concept: Herbs do a wonderful job of helping injuries to heal faster, something drugs can't do. We cover herbs, homeopathics, and essential oils for tissue healing, as well as various types of analgesics. Combined with the pain relief techniques in the previous lesson this information will help you understand how to heal damaged tissue more rapidly than would normally be expected.

Specific lesson topics:

- Topical application of herbs for tissue healing
 - Astringents
 - Mucilants
- Applying poultices
- Homeopathics for tissue healing and pain relief
- Essential oils for tissue healing and pain relief
- Other types of pain remedies
 - Salicylates
 - Natural opioid alternatives
 - Natural corticosteroid alternatives
 - Cannabinoids



Live webinar: July 9, 2024

Basic Concept: Inflammation is the acute stage of the disease process. If not healed at this stage tissues deteriorate into the subacute, chronic, and degenerative stages. We will discuss these four stages of disease as a progressive loss of energy altering the pH of the body and making it more acidic. We also cover advanced energy healing techniques, all of which are based on adding energy into the system to raise the energy level of tissues so they can heal and the disease process can be reversed.

Specific lesson topics:

- The four stages of disease
- Disease, pH and energy
- Advanced pain and healing techniques:
 - Floating rapid light stroke
 - Energy balls
 - Energy circuits
- Other energy healing techniques:
 - Electrical stimulation, grounding
 - Lasers



Live webinar: July 23, 2024

Basic Concept: Acute and chronic illness often involve infection. While there are natural infection fighters, the traditional way of fighting infection herballly is to boost the body's own immune defenses and alter the biological terrain to make it inhospitable to the infection. We will discuss antibacterial, antifungal, and antiviral herbs but we'll apply them using the four stages of disease model.

Specific lesson topics:

- Germ theory versus biological terrain
- The body furnace model
- The three lines of immune defense
 - Protective surfaces
 - Innate immunity
 - Adaptive immunity
- Natural infection fighters
 - Immune boosters
 - Antibacterial agents
 - Antifungal agents
 - Antiviral agents



Lesson thirteen

Herbal Hydrotherapy

Live webinar: Aug 6, 2024

Basic Concept: Part of overcoming infection in the acute stage is to help the body detox, which is what the acute disease symptoms are trying to accomplish. This can be done rapidly through surface-relieving herbs like soporifics and herbal hydrotherapy. Herbal hydrotherapy is the use of herbs and water to flush irritating substances out of the body.

Specific lesson topics:

- Acute disease symptoms as immune responses
- Accelerating immune detoxification
- Aromatics and pungent herbs for acute disease
- Herbal hydrotherapy
 - Hydration
 - Sweat baths
 - Drawing baths
 - Soaks
 - Enemas and colonics



Live webinar: Aug 20, 2024

Basic Concept: One can combine hands on pain-relief techniques with herbs to rapidly relieve pain and promote healing in specific acute conditions like headaches, earaches, and sore throats. We'll cover many of these techniques in this lesson and I'll share stories of how effective they've been, too.

Specific lesson topics:

- Compresses and fomentations
- Headache relief techniques
- Earache relief techniques
- Sore throat relief
- Herbal back adjustment
- Relieving chest congestion
- Inhalations for respiratory problems
- Emetic therapy for food poisoning
- Natural remedies for diarrhea

Lesson Fifteen

Healing the First Line of Immune Defense



Live webinar: Sept 3, 2024

Basic Concept: About seventy percent of our immune function is in the intestinal tract, the first line of immune defense. So, creating a healthy intestinal system is critically important for preventing disease. We'll talk about the problems of leaky gut, intestinal inflammation, and small intestinal bacterial overgrowth (SIBO) on overall health and how to fix these problems to restore health.

Specific lesson topics:

- The intestinal system as the first line of immune defense
- Colon transit time
- SIBO and Leaky Gut Syndrome
- Steps to Colon Health
 - Correct digestive issues
 - Ensure prompt elimination
 - Correct Dysbiosis (Yeast, Parasites, etc.)
 - Heal the gut lining
 - Replace gut flora



Live webinar: Sept 17, 2024

Basic Concept: We are exposed to many chemicals and irritants in modern society. The liver is the organ that is primarily tasked with neutralizing these toxins and preparing them for elimination. It does this through a two phase enzyme system, which we'll discuss in this class. We'll learn what types of toxins are neutralized through various pathways and how to enhance them.

Specific lesson topics:

- The liver as the second line of immune defense
- Liver detoxification process
- Supporting phase one detoxification
- Supporting the six phase two pathways
 - Methylation Sulfation Gluathione conjugation
 - Acylation Acetylation Glucoronidation
 - Alteratives Digestive tonics Vulneraries

Module Three

Materia Medica and Healing Techniques

Module Three

Materia Medica and Healing Techniques



In this module, we'll talk about our healing materials starting with understanding the six tissue states and the actions of herbs. We'll cover the herbal energetics wheel and the twelve categories of herbs. We'll also cover the aromatherapy wheel and talk about eight categories of essential oils and sixteen fragrances.

We'll also cover various tools for helping activate, build, and cleanse for good health. We'll introduce emotional healing work to aid activation and discuss the use of various emotional healing tools including flower essences.

We'll also cover additional building and cleansing strategies. These are specific tools and techniques that help promote better health overall and rid the body of specific types of toxins or irritants.

Lesson Seventeen

The Six Tissue States and Herbal Actions



Live webinar: Oct 8, 2024

Basic Concept: The six tissue states is an energetic model developed by Matthew Wood that helps us understand biological terrain and herbal actions. We discuss these states and the herbal actions that correct them in this lesson. This is the foundational principle for giving Direct Aid (+D) in the ABC+D herbal system. Understanding it radically alters the way you approach herbs and helps you use them more effectively.

Specific lesson topics:

- Understanding tissue states (biological terrain)
- Overview of the six tissue states

Irritation	Stagnation	Constriction
Depression	Atrophy	Relaxation

- Energetic terms for herbal actions

Warming	Moistening	Constricting
Cooling	Drying	Relaxing
Neutral	Balancing	Nutritive

Lesson Eighteen



TWELVE ENERGETIC CATEGORIES OF HERBS



Lesson 18

Twelve Energetic Categories of Herbs

Live webinar: Oct 22, 2024

Basic Concept: The herb wheel is an energetic model I developed explaining twelve basic categories of herbs and how they affect the body. Based on the four-elements, this helps us understand the basic kinds of herbs we can use in helping people heal.

Specific lesson topics:

- The herb wheel and 4-element energetics
- Fire Herbs

Pungent

Aromatic

Fragrant bitter

- Water Herbs

Oily

Mucilant

Sweet

- Air Herbs

Salty

Acrid

Bitter stimulant

- Earth Herbs

Simple bitter

Astringent

Sour

Lesson Nineteen

Energetic Aromatherapy



Live webinar: Nov 12, 2024

Basic Concept: The aromatherapy wheel is a model of the actions of essential oils. It is similar to the herb wheel but covers eight basic categories of aromatherapy qualities and sixteen types of fragrances that fit in those categories. We'll also discuss various ways to use essential oils and essential oil safety.

Specific lesson topics:

- Introduction to aromatherapy wheel
- Eight categories and sixteen fragrances
 - Ethereal (Fresh, herbaceous)
 - Refreshing (Minty, vaporous)
 - Stimulating (Camphoric, sulfuric)
 - Invigorating (Spicy, sharp)
 - Grounding (Resinous, woody)
 - Sultry (Balsamic, musky)
 - Soothing (Earthy, sweet)
 - Calming Oils (Fruity, floral)
- Tips for using essential oils



Live webinar: Dec 3, 2024

Basic Concept: This lesson explains the effects of abuse and trauma on us both physically and emotionally and provides a set of tools to help people fix their unconscious negative beliefs and heal emotionally. Most people who are chronically ill need some type of emotional therapy to fully recover as most chronic illness involves a person's physical and their mental/emotional state.

Specific lesson topics:

- Understanding abuse and trauma
- The trauma vortex
- Dragons: Unconscious negative belief systems
- Basic emotional healing tools
 - Reflective listening
 - The question-affirmation technique
 - Forgiveness therapy
 - The pleasure prescription



Live webinar: Jan 7, 2025

Basic Concept: Flower essences are a powerful tool for helping to heal the mind and the emotions. This lesson explains what flower essences are and provides a basic set of flower essences for working with common mental and emotional issues.

Specific lesson topics:

- Understanding plant signatures
- Introduction to flower essences
- Flower essences for basic issues
 - Healing shock and trauma
 - Uncovering and resolving the past
 - Grief and sadness
 - Anger, irritability, and aggression
 - Discouragement and depression
 - Fear, stress, and anxiety
- How to use flower essences

Lesson Twenty-Two

Additional Health- Building Strategies



Live webinar: Jan 7, 2025

Basic Concept: These are specific health-building strategies for supporting healing by easing stress, promoting sleep and recreation, and correcting problems with structural imbalances. These are also foundational things we need to address when helping people recover their health.

Specific lesson topics:

- Tips for stress management
- Rest and relaxation
 - Overcoming insomnia
 - Deep breathing exercises
- Physical therapy
 - Posture and structural balance
 - Identifying and correcting a hiatal hernia

Lesson Twenty-Three

DETOX

Additional Detoxification Straegies



Live webinar: Feb 4, 2025

Basic Concept: This lesson provides specific strategies for detoxing the body in various ways to help heal common health problems. These are specific ways to rid the body of specific toxins and irritants.

Specific lesson topics:

- Chemical detoxification
- Heavy metal detoxification
- Gall bladder flush
- Kidney stone flush
- Oral chelation
- Castor oil packs

Module Four

Health Assessment Tools

Module Four

HEALTH ASSESSMENT TOOLS



It's illegal for unlicensed people to make a diagnosis, but since we're not trying to treat diseases it's not necessary to diagnose diseases. It is necessary, however, to assess the health of the body. The various tools and techniques we'll discuss in this module will help us assess a person's constitution, biological terrain, and weak body systems.

Here's some of the specific things we'll cover:

Tongue Assessment: An easy-to-learn tool for assessing biological terrain and identifying some body system weaknesses

Pulse Analysis: A difficult tool to master, but a fairly easy tool to use to assess overall biological terrain. With experience it can also assess weakness in Chinese organ systems.

Muscle Testing: An intuitive technique for assessing weak body systems and mental-emotional states. It can also be used for testing herbs and supplements as well as other positive or negative health influences.

Iridology: A constitutional typing tool that can tell you about genetic tendencies to organ and system weaknesses as well as basic personality tendencies. The sclera can be used for

identifying current organ and system weaknesses.

Glandular Body Typing: A tool for assessing constitution and overall glandular function via body shape. It also relates the Ayurvedic concept of the tridoshas.

Facial Analysis: Parts of the face correspond to various organs and systems so the face can be used to help determine weak body systems. It can also provide clues to biological terrain imbalances.

Lesson Twenty-Four



Introduction to Tongue and Pulse



Live webinar: Feb 18, 2025

Basic Concept: Tongue and pulse analysis are two of the oldest assessment techniques in traditional medicine. The basics of both are easy to learn and valuable for assessing biological terrain.

Specific lesson topics:

- Overview of basic tongue analysis
 - Tongue organ map
 - Color of the tongue body (red, pale, purple)
 - Condition of the tongue (swollen, withered, trembling, cracked)
 - Tongue moisture (damp, dry)
- Overview of basic pulse analysis
 - Organ location
 - Rate (fast, slow)
 - Strength (hard, weak)
 - Width (full, thin, wiry)
 - Height (floating, deep)



Live webinar: Mar 18, 2025

Basic Concept: Muscle response testing is an intuitive assessment technique that can be used in a variety of ways to identify underlying cases of health problems and appropriate solutions. It's one of my personal favorite techniques. We'll have video demonstrations of these techniques to help you learn them, but the only way to learn how to do muscle testing is to start trying to do it.

Specific lesson topics:

- Overview of muscle response testing
- Muscle testing as biofeedback
- Testing options (arm, fingers, etc.)
- Checking and correcting reversed polarity
- Testing organs and systems
- Isolating primary weaknesses
- Testing herbs and supplements
- Surrogate and self-testing



Lesson Twenty-Six The Twelve Emotional Energy Centers



Live webinar: Apr 16, 2025

Basic Concept: This is a model based on the tree of life. It is similar to the chakra system, but involves 12 energy centers instead of 7. It is used for identifying mental and emotional issues so they can be corrected. It's a very powerful model for understanding people and has also helped me identify issues people needed to work in just minutes instead of many sessions of counseling or therapy.

Specific lesson topics:

Introduction to the tree of life

Basic emotional anatomy

Assessing and correcting problems in each of the following energy centers

11. Root

10. Navel

9. Liver

8. Pancreas

7. Solar plexus

6. Thymus

5. Heart

4. Throat

3. Left brain

2. Right brain

1. Third eye

0. Crown

*Lesson
Twenty-Seven*



Constitutional Iridology



Live webinar: Apr 15, 2025

Basic Concept: I'm a Certified Comprehensive Iridologist with the International Iridology Practitioner's Association (IIPA) and iridology is one of my favorite health assessment tools. It is the most useful tool we have for assessing a person's inherent genetic strengths and weaknesses. This presentation will cover all of the basic constitutional iridology types.

Specific lesson topics:

- What iridology can and cannot do
- Three color types (blue, brown, mixed)
- Major constitutional subtypes

Overacid/febrile

Uric acid

Hydrogenoid

Scurf rim

Lipemic

Anxiety-Tetanic

- Structural integrity types (resiliency)

Neurogenic

Connective tissue

Polyglandular

- Introduction to iridology map
- Major markings (lacuna, psori)

Lesson Twenty-Eight



Emotional Iridology



Live webinar: May 6, 2025

Basic Concept: The iris can also be used to determine inherent personality traits. In this lesson we introduce the basic emotional types and the emotional interpretation of major iris signs.

Specific lesson topics:

- Basic personality types
 - Emotional/spontaneous (flower)
 - Analytical/thinking (jewel)
 - Active/kinesthetic (stream)
 - Extremist/innovative (shaker)
- Ring patterns

Ring of perfection	Ring of expression	Rings of accomplishment
Ring of purpose	Ring of harmony	Ring of determination
- Other patterns
 - Inner and outer-directed personalities
 - Radial furrows
 - Right/left brain dominance
 - Introduction to emotional iris map

Lesson Twenty-Nine



GLANDULAR BODY TYPING AND FACIAL ANALYSIS



Live webinar: May 20, 2025

Basic Concept: One can get a quick read on glandular balance by looking at the overall body shape through glandular body typing. One can also spot potential organ-system problems on the face.

Specific lesson topics:

- Form and function
- The endocrine symphony and the seven glandular body types

Thyroid

Adrenal

Pituitary

Reproductive

Thymus

Pancreatic

Pituitary

- Introduction to the Ayurvedic tridosha system

Vata

Pitta

Kapha

- Introduction to face diagnosis

Module Five

Balancing Body Systems

Module Five

BALANCING BODY SYSTEMS



Learning how to select remedies based on biological terrain and body system imbalances prevents you from prescribing treatments for diseases. Instead, you are supporting and balancing body systems. In this final module, we take you through all of the body systems. We discuss what each system does and discuss the symptoms of various biological terrain imbalances within that system.

We then discuss remedies that can be used for that body system including single herbs, nutrients, and formulas.

Lesson Thirty

Supporting the Structural System



Live webinar: June 3, 2025

Basic Concept: The structural system consists of the bones, muscles, connective tissues, skin, hair, and nails. This lesson explores remedies for healing these tissues.

Specific lesson topics:

- Structural system anatomy and function
- Signs of structural system weakness
- The six tissue states in the structural system
- Remedies for balancing the structural system



Live webinar: July 1, 2025

Basic Concept: Digestive problems are a major root cause of poor health. This lesson covers how to identify and correct digestive system problems.

Specific lesson topics:

- Digestive system anatomy and function
- Signs of digestive system weakness
- The six tissue states in the digestive system
- Remedies for balancing the digestive system

Lesson Thirty-two

Supporting the Intestinal System



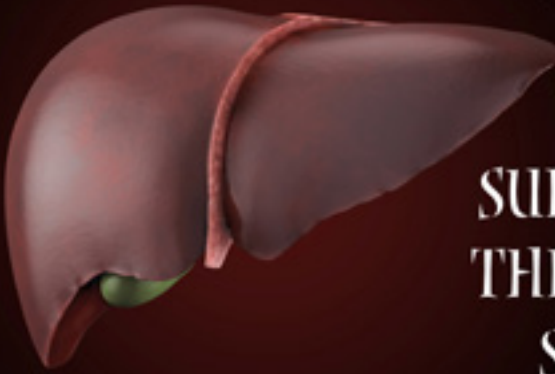
Live webinar: July 15, 2025

Basic Concept: Intestinal imbalances are another leading cause of health issues. This lesson explores how to identify and correct intestinal issues.

Specific lesson topics:

- Intestinal system anatomy and function
- Signs of intestinal system weakness
- The six tissue states in the intestinal system
- Remedies for balancing the intestinal system

Lesson Thirty-three



SUPPORTING THE HEPATIC SYSTEM

Live webinar: Aug 5, 2025

Basic Concept: The liver is an overlooked cause of many health problems. In this lesson we explore the liver's many jobs and signs the liver needs support, as well as remedies that correct liver health issues.

Specific lesson topics:

- Hepatic system anatomy and function
- Signs of structural hepatic weakness
- The six tissue states in the hepatic system
- Remedies for balancing the hepatic system



Live webinar: Aug 19, 2025

Basic Concept: The respiratory system is a good one for understanding the six tissue states. You can correct most lung problems by balancing the biological terrain of the lungs.

Specific lesson topics:

- Respiratory system anatomy and function
- Signs of respiratory system weakness
- The six tissue states in the respiratory system
- Remedies for balancing the respiratory system

Lesson Thirty-five

Supporting the Circulatory System



Live webinar: Sept 9, 2025

Basic Concept: Heart disease is the leading cause of death in the elderly. However, there are many circulatory imbalances involved in heart disease. We explore how to identify and correct them in this lesson.

Specific lesson topics:

- Circulatory system anatomy and function
- Signs of circulatory system weakness
- The six tissue states in the circulatory system
- Remedies for balancing the circulatory system

*Lesson
Thirty-six*

SUPPORTING THE IMMUNE SYSTEM



Live webinar: Sept 23, 2025

Basic Concept: The immune system is a whole body process not located in any specific organs. Immune remedies are best understood using the four states of disease and the idea of an under-active versus an overactive immune response. We discuss how to support and balance the immune system in this lesson.

Specific lesson topics:

- Immune system anatomy and function
- Signs of immune system weakness
- Immune remedies based on the stage of infection and the type of infection
- Remedies for balancing the immune system



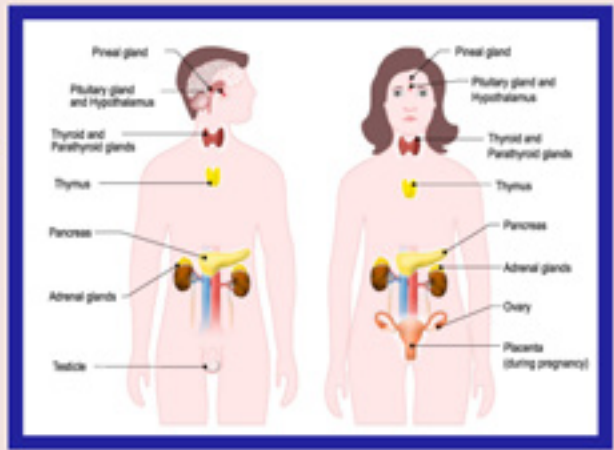
Live webinar: Oct 7, 2025

Basic Concept: The nervous system consists of the brain, CNS, ANS, and senses. In this lesson we discuss how to support brain and nerve health and balance various neurotransmitters. We also briefly cover the senses.

Specific lesson topics:

- Nervous system anatomy and function
- Brain and neurotransmitter imbalances and how to correct them
- Supporting the central nervous system (CNS)
- Balancing the two branches of the autonomic nervous system (ANS)
- Remedies to aid the senses

*Lesson
Thirty-eight
Supporting
the
Glandular
System*



Live webinar: Oct 21, 2025

Basic Concept: This lesson covers the main endocrine glands: pituitary, thyroid, pancreas, and adrenals. It provides remedies to help balance hormonal output from each of these glands.

Specific lesson topics:

- Glandular system anatomy and function
- Signs of glandular system weakness
- Hormonal regulation from the pituitary gland
- Imbalances and remedies for the thyroid gland
- Imbalances and remedies for the adrenal glands
- Imbalances and remedies for the pancreas



Live webinar: Nov 11, 2025

Basic Concept: Although the reproductive system is also part of the endocrine system, it also has some unique challenges. In this lesson we talk about male and female hormone balance, periods, pregnancy, nursing, and menopause.

Specific lesson topics:

- Reproductive system anatomy and function
- Signs of reproductive system weakness
- The six tissue states in the reproductive system
- Remedies for balancing the reproductive system



Live webinar: Dec 9, 2025

Basic Concept: This lesson covers the fluid-regulating systems of the body: the urinary system, lymphatics and sweat glands. We cover the imbalances and remedies for these systems.

Specific lesson topics:

- Fluid-regulating systems anatomy and function
- Signs of urinary and lymphatic system weakness
- The six tissue states in the urinary system
- Remedies for supporting the fluid-regulating systems