

Every Herb Bearing Seed - Main Topics

Lesson 1: Allopathic and naturopathic medicine, heavy metals

Lesson 2: Homeostasis

Lesson 3: The digestive system, food intolerances, probiotics

Lesson 4: Biological germ theory vs Terrain theory

Lesson 5: Nutritious and non-nutritious foods, the integumentary system

Lesson 6: Healthy vs unhealthy carbohydrates, proteins and fats, the circulatory system

Lesson 7: Vitamins

Lesson 8: Mineral imbalances, electrolytes, micronutrients

Lesson 9: Fermented foods, excitotoxins, enzymes

Lesson 10: Detoxification

Lesson 11: Conventional foods, pesticides, GMOs, herbicides and fungicides

Lesson 12: Herbal medicine, herb preservation

Lesson 13: Adaptogenic herbs, anodynes, the urinary system

Lesson 14: Human parasites

Lesson 15: Antiemetics and anti-inflammatory herbs, the endocrine system

Lesson 16: Antimicrobial herbs, herbal tinctures

Lesson 17: Free radicals and oxidative stress, antioxidants

Lesson 18: Bitter herbs, diuretic herbs, the respiratory system

Lesson 19: Fevers, febrifuges, hemostatic herbs

Lesson 20: Hepatic and lithotriptic herbs, the lymphatic system

Lesson 21: Hormone modulating herbs, the immune system, autoimmune disease

Lesson 22: Sedative and stimulant herbs, the adrenal glands, the nervous system

Lesson 23: Tonic herbs

Lesson 24: Homeopathy

Lesson 25: Homeopathy, circulatory and lymphatic system review

Lesson 26: Homeopathic proving

Lesson 27: Homeopathic constitutions, flower remedies

Lesson 28: Essential oils, the muscular system

Lesson 29: Essential oil production, review of muscular, nervous and integumentary systems

Lesson 30: Chiropractic care, Rolfing, massage

Lesson 31: Essential oils in Bible times

Lesson 32: Topical application of essential oils

Lesson 33: Internal use of essential oils, French vs English school of thought

Lesson 34: Diffusing essential oils, review of lymphatic and digestive systems

Lesson 35: Benefits of exercise

Lesson 36: Design your own exercise program and healthy meal plan, summary