Achieve an understanding of complementary wellness practice and therapy foundations that are growing in recognition and acceptance by consumers. Explore the wisdom of using wellness systems as a complement to current western health care practices. Our classes will help you examine practical applications for adopting these practices in your own professional life in order to assist others in achieving optimum wellness.

### Clinical Herbalism Level I Certificate

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Duration</th>
<th>Tuition</th>
</tr>
</thead>
<tbody>
<tr>
<td>38261</td>
<td>Clinical Herbalism 101</td>
<td>20 hours/10 sessions</td>
<td>$315</td>
</tr>
<tr>
<td>38265</td>
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</tbody>
</table>

**Total 3 courses for 52 hours $979**

*Discount Offer: We can offer 10% discount for people who enroll in 3 or more classes — a savings of $97.90*

### Family and Wellness Certificate

**Keep Up with the Challenge of Family Wellness at All Stages**

- Herbs On The Go
- Nature as Medicine for Teens and Adults
- Golden Year Herbs

For more information: Visit our website at ce.unm.edu.

Questions: Contact Loree Nalin, Program Supervisor at cehealth@unm.edu
Clinical Herbalism 101
This course provides health care professionals and interested community members a basic foundation in Medical Herbalism. Students will explore the basic concepts of herbal terminology, botany, and medicinal uses of herbs for different systems of the body. Topics will include herbal preparations and regulations, plant identification, herb-drug interactions, cultural diversity and traditional techniques in diagnostics and medicinal uses of herbs.

**Recommended Text:** Fundamentals of Pharmacognosy and Phytotherapy by Heinrich, Barnes, Gibbons & Williamson (ISBN 9780702033889) 2nd Edition

**Course:** 38261 20 Hours $315
**WIA-PD:** Jan 10-Mar 14, 2018 Wed 6:00-8:00PM

Clinical Herbalism 102
This course provides health care professionals and interested community members applies skills for the practice of Clinical Herbalism. Students will learn fundamental principles behind preparation choice and practice making fresh and dry tinctures, cordial preparations, ghee and honey preparations, syrups, suppositories and inhalers. Synergies, potentiation and incapsulation will also be part of the experiential learning process.

**NOTE:** Materials fee of $30 will be collected by the instructor at the first class. Material kits will be distributed at the first class.


**Course:** 38265 16 Hours $315+$30 Materials Fee

Clinical Herbalism 103
Many health practitioners recommend herbal and supplement protocols, medical professionals prescribe drugs, and individuals purchase many over-the-counter products. In this class you will learn about common pathologies, the mechanism of actions of selected cardiovascular, pulmonary, psychiatry, analgesic, neurology and condition specific drugs and their herb or supplement interaction/contraindication as well as herbal and supplements adjuvants to specific conditions such as hypertension, high cholesterol, asthma, depression and anxiety, pain, Alzheimer’s, diabetes etc. This class is designed to teach the layperson as well as health care professional and the information provided can put to immediate use.


**Course:** 38266 16 Hours $349
**FAA-PD:** Sep 6-Oct 25, 2018 Thu 6:00-8:00 PM

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**Instructor**

SONIA MASOCCO, LDT, C.AY, CAH

Sonia is a professional member of the National Ayurvedic Medical Association, the National Association of Holistic Aromatherapy as well as a member of the American Herbalist Guild. For the past 14 years, Sonia has had a private practice in Albuquerque; she also participates in lectures and conferences worldwide.