

COS Alternative Healing Introduction
Agenda
COS Course ID: FCS 389

This twelve hour course will be focusing on the basics of homeopathy, herbology, and flower essences and how they are utilized to assist humans and animals in day-to-day wellness and health challenges.

Goals:

1. Provide students with a working knowledge of each modality. This includes
 - a. Their basic history
 - b. Basic household uses
 - c. Storage and longevity
2. Where and how to purchase them
 - a. Field trip
 - b. Local Stores
 - c. Internet
3. How to create or how they are created

Week 1 – March 24th

1. Class introduction.
2. Overview of term alternative healing, alternative medicine and integrative healing/medicine.
3. Handouts:
 - Blog with class notes
 - Definitions of modalities covered: homeopathy, herbology & flower essences
4. Body levels: mental, emotional, physical, soul.
5. Various modalities address more than just our physical body in healing. Thus term holistic.
6. Brief discussion of modalities being covered.
7. Homework reading

Week 2 – March 31st: Field Trip

For our field trip we will be visiting Mount Shasta Herb and Health to get a shoppers view of homeopathy, herbs (bulk and bottled & flower essences). If spring has sprung enough, a short herb walk at City Park may also occur.

Week 3 – April 7th:

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1. What is homeopathy?
 - “Like heals like” theory
 - Doses
 - Brands
 - How to administer
2. Basic Homeopathy for Emergencies
 - Basic remedies for your first aid kit

Week 4 - April 14th:

1. Herb basics
2. More common properties
3. Reference books
4. Nutritive verses medicinal (some are both)
5. Growing, wild harvesting or buying
6. How to make, how to use

Week 5 - April 21st:

1. Flower Essence basics
2. Flower Essence Society, Bach Remedies, and more
3. Other helpful tips

Week 6 – April 28th:

1. Using modalities together
2. Where to go from here ...
3. Review
4. Self quiz