

Certificate in Herbal Therapy

Anoka-Ramsey
Community College
Fall 2009

50% off tuition up to \$1,200 for those that are unemployed. Visit our Web site at www.AnokaRamsey.edu for qualifications or call 763.433.1279 for more information.

All classes held at the Training & Development Center

(Corner of Coon Rapids Blvd. & Mississippi Blvd. across from McDonald's)



Instructor:

Matthew Alfs

is a practitioner, educator, and author in the field of herbal therapy.

For more information

contact:

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Certificate in Herbal Therapy

Herbal therapy is one of the oldest and most widespread forms of healing. Learn to apply herbal therapy to support overall health and well being and treat an array of conditions in consideration of guidelines as to indications, dosage, and contraindications. 1.8 CEU \$245, price includes text book

1161 W Nov 4—Dec 16 6:30 - 9:00 p.m. THHC105

Development, Forms and Energetics of Herbal Therapy

Learn about the energetic aspects of herbs and how they impact different people and conditions. Common assessment techniques of herbalists will be covered.

1162 W Nov 4 6:30—9:00 p.m. THHC105

The Constituents and Properties of Herbs, and the Indications and Contraindications for Herbal Use

Learn about the nutrient content of herbs and various therapeutic constituents and other valuable chemicals. Discover how these chemicals impact human physiology and when and when not to use particular herbs.

1163 W Nov. 21 6:30—9:00 p.m. THHC105

Herbs for the Mind, Spirit, Emotions, and Neuromuscular Systems

Various herbs can significantly affect the nervous system. Learn the most appropriate herbs that can impact the mind, spirit, and neuromuscular system.

1164 W Nov. 28 6:30—9:00 p.m. THHC105

Herbs for the Immune and Endocrine Systems

Conditions of compromised immunity abound, including cancer, AIDS, allergies and other autoimmune disorders. Explore how herbs affect immune and endocrine systems.

1165 W Dec 2 6:30—9:00 p.m. THHC105

Herbs for Digestion and Elimination

Herbs can powerfully improve gastrointestinal function including upset stomach and heartburn. Learn how herbs stimulate or reduce gastric juice and bile and normalize the digestive system.

1166 W Dec 9 6:30—9:00 p.m. THHC105

Herbs for the Cardiovascular System

Why do arteriosclerosis, high blood pressure, high cholesterol levels, anemic, dizzy heart attacks affect so many? Learn about herbs that support a healthy and balanced cardiovascular system.

1167 W Dec 16 6:30—9:00 p.m. THHC105

Register Today:
visit www.anokaramsey.edu/cect or
call 763.433.1200

