

HEALTHY HERBS – POWERFUL BENEFITS COURSE LEARNING WORKBOOK



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HEALTHY HERBS – POWERFUL BENEFITS—COURSE WORKBOOK

ACTIVITY QUESTIONS AND ASSIGNMENTS

This course includes over **“36 numbered activity questions”** designed to help you **present your results**. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

Additional Assignments

— In addition to the “36 numbered” activity questions” there are external video/article/audio links (∞) that also have questions. These questions are not on the exam.

— Some of the **external** webinar/**video/article/audio links** will have advertisements.

— The main purpose of the external webinar/video/article links is to watch and/or read them and increase student engagement.

— The webinar/video links also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

The external links are more for you to write, draw, and discuss what you have learned.

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

Again, while there are some “Additional Assignment Questions” provided below - these questions are not on the exam. They are to help reinforce the material.

External Link Assignments Quick Steps

- Click on the external webinar/video/article links (∞) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

Lesson 1: What Are Herbs?

1. Define an herb.

2. Herbalists also consider the following as herbs.

3. There are two types of vitamins: fat-soluble and water-soluble.

4. What are the fat-soluble vitamins?

5. What are the water-soluble vitamins?

6. List 5 reasons why B-Complex Vitamins are important

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7. Explain why all the B-vitamins should be taken together because they are interrelated in function.

8. Explain why minerals are as important as vitamins.

9. Explain why the tissue and organs of the body are unable to assimilate the proper amount of nutrients.

10. What is Chromium?

11. What is Alfalfa?

12. What is Wheat Grass?

13. What is Green Barley?

14. What is Parsley?

15. List 4 things Chromium is helpful for.

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Lesson 2: Medicinal Uses Of Herbs

16. List five common herbs that might be used to help acne.

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17. List three common herbs that might be used to reduce high blood pressure.

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18. List six common herbs that might be used to treat arthritis.

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19. List five common herbs that might be used to aid digestion.

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20. List three common herbs that might be used to aid with weight loss.

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21. List five common herbs that might be used to aid with a cold.

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22. List three common herbs that might be used to aid memory.

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23. List three common herbs that might be used to aid energy.

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24. List four common herbs that might be used to aid a headache.

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25. List one common herb that might be used to aid strength.

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26. List three common herbs that might be used to aid insomnia.

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27. List three common herbs that might be used to aid appetite.

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28. List three common herbs that might be used to aid allergies.

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29. List three common herbs that might be used to help with bad breath.

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30. List one common herb that might be used to freshener your breath.

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31. List three common herbs that might be used to aid circulation.

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Lesson 3: Research Tidbits on Powerful Health Benefits

32. In the Research Tidbit 2, if a high-antioxidant spice blend is incorporated into the meal, what percent would triglyceride levels may be reduced?

33. In the Research Tidbit 3, what popular culinary herbs were discovered that may have the potential to manage type 2 diabetes in a similar way to some currently prescribed drugs?

34. In Research Tidbit 5, what can adding a sprig of thyme or a pinch of parsley to your next home-cooked meal do for you?

Herbs Extra

35. How does Webster's dictionary describe an herb?

36. How long have herbs been used?

EXTERNAL LINK VIDEOS

∞ [Making Herbal Teas, Tinctures, and Salves with Bevin Cohen](#) - 29:29 minutes

Assignment: Watch the video on herbs. Then answer the questions below.

— What is infusion?

— What is decoction?

— What is a tincture?

— What is a compress?

— Discuss making herbal teas, tinctures, and salves or compresses.

— Discuss the benefits of many well-known herbs and their healing properties (in this video over 20 are described).

∞ [Understanding Herbal Formulas - 2 Hour Webinar](#)

Assignment: Watch the video on herb formulas. Then answer the questions below.

Discuss herbal formulas.

Discuss basic herbal formula principles.

Pick one to two herbs and design a formula.

Discuss balancing herbs.

What are catalysts used for and what are common ones?

What is an example herbal sleep formula?

What is an example herbal anti-inflammatory formula?

What is an example of herbal fiber formula?

Experiment with mixed herbs.

What are key circulatory formula herbs?

What are key digestive formula herbs?

What are key immune formula herbs?

What are key intestinal formula herbs?

What are key nervous system formula herbs?

What else did you learn from the video?

∞ [TCM: Traditional Chinese Medicine - 1 Hour Webinar](#)

What are traditional names for life energy?

What are symptoms of deficient chi?

What are remedies to increase chi?

What herbal remedies can help build blood?

What else did you learn from the video?

∞ 15 Medicinal herbs to grow and their common uses. - 31:17 minutes

Assignment: Watch the video on herbs. Then discuss each herb below.

- Peppermint

- Calendula

- Bee Balm (Bergamot)

- Lemon Balm

- Tulsi (Holy Basil)

- Echinacea

- Elecampane

- Sage

- Oregano

- Garlic

- Horseradish

- Marshmallow or Hollyhock

- Yarrow

- Chamomile

- Dill

∞ [Chamomile | Ask the ND with Dr. Jeremy Wolf - Video - 3 minutes](#)

Discuss saw chamomile.

∞ [Saw Palmetto | Ask the ND with Dr. Jeremy Wolf - Video - 3 minutes](#)

Discuss saw palmetto.

∞ [Lavender | Ask the ND with Dr. Jeremy Wolf - Video - 2 minutes](#)

Discuss lavender.

∞ [Ashwagandha | Ask the ND with Dr. Jeremy Wolf - Video - 3 minutes](#)

Discuss ashwagandha.

EXTERNAL LINK ARTICLES

Assignment: Read the articles. Then discuss what you learned from each one.

∞ [10 Delicious Herbs and Spices With Powerful Health Benefits](#)

∞ [10 healthy herbs and spices](#)

∞ [9 of the World's Healthiest Spices & Herbs](#)

∞ [Spices for Health: Amazing Benefits of 5 Common Spices](#)

