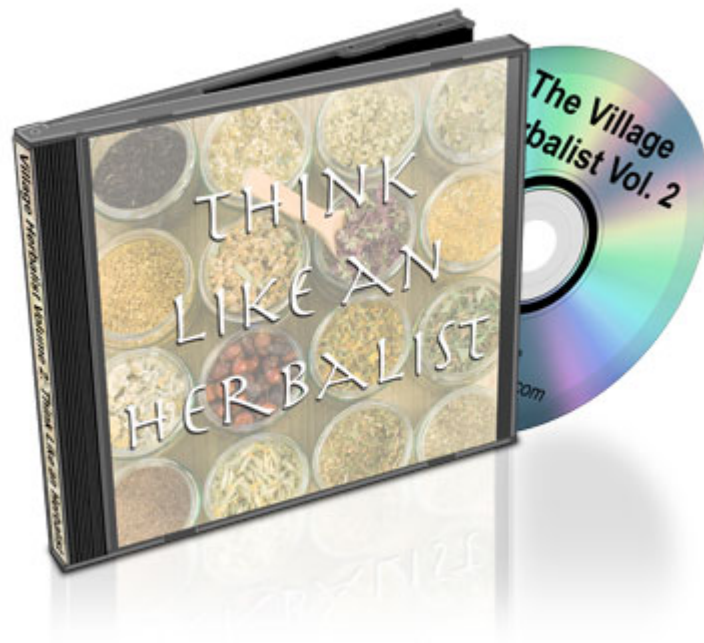




Think Like an Herbalist



Village Herbalist Volume 2:

Think Like an Herbalist

Herbalist Heather Nic an Fhleisdeir returns to HerbMentor.com for an intermediate level follow-up course to [The Village Herbalist](#). **The Village Herbalist Volume Two** is a **10 part audio course** that offers an overview of the tools which empower us to "think like an herbalist."

Topics assist listeners in problem solving to create their own herbal remedies. These focused, in depth discussions are drawn directly from Heather's celebrated herb school; The Academy Of Scottish Herbalism in Eugene, OR. Whether new or experienced in herbs, you'll learn quite a bit from our Village Herbalist.

Recent articles [Part 10: Secrets of Formulation](#) Jul 22, 2009



Now with all the great herbs to choose from, develop an apothecary from which to formulate. Discover formulating techniques that help us to decide what plants are needed for any health concern. Different methods are covered and how to break down and to calculate proportions of the herbs used... [Part 9: Science and Tradition](#) Jul 8, 2009



For the past 100 years or so, people have been using science to find out why herbs they do what they do and how this happens. Some traditional Herbalist's believe it doesn't really matter why, just that it does work! Using both perspectives gives us more tools. Learn here how to best apply both viewpoints. [Part 8: Body Tissues](#) Jun 23, 2009



Understanding what type of body tissue being affected can be so helpful and give yet another way to address health problems. Basically a little anatomy and physiology lesson specialized for herbalists, this focuses on five types of tissues and the herbs that best address them. [Part 7: Nourishing and Transforming](#) Jun 5, 2009



Our biggest set of tools, these are plants that almost seem to work magically, sometimes mysteriously until we know their secrets. Explore actions and plant constituents... [Part 6: Enlisting an Herbal Ally](#) May 22, 2009



There is a time to nourish, and a time to fight. When a pathogen enters your body, most often you need to fight. *Enlisting an herbal ally* means just that...finding the right herbal ally to help you in a battle against a bacterial infection, virus or other pathogen... [Part 5: Pathways of Elimination](#) May 6, 2009



In natural health circles, there is a lot of talk about detoxification, fasting and forced elimination as "the" pathway to health and healing. However, as herbalists, we do not want to "make" the body do anything...

[Part 4: The Chemistry of Things](#) Apr 23, 2009



Alkaloids, flavonoids, polyphenols, glycosides... as we get into using herbs we start realizing that the chemistry we didn't pay attention to in school might come in handy after all. Heather brings chemistry to life...

[Part Three: Learning Our Language](#) Apr 6, 2009



Herbalist's enjoy a specialized language of actions that is like no other. Explore and understand some important herbal actions, how to apply those plant uses on body systems and learn ways to utilize them in herb formulas.

[Part Two: The Science Of Plant Names](#) Mar 24, 2009



Beyond being a science, botanical nomenclature is a structured language full of clues to help us locate and identify our herbs, is loaded with secret meanings for their use...

[Part One: An Herbal History](#) Mar 9, 2009



We begin our journey in the past as Heather takes us on a tour of western herbalism's fascinating history. Welcome to Village Herbalist Volume Two: Think Like an Herbalist.