The Herb School Presents...

the CERTIFIED HERBALIST'S COURSE©

STUDENT COURSEBOOK

A Note to Students and Teachers

This course has been formatted in an unusual manner. Instead of the standard "TEXT BOOK" type format, I've chosen to leave much of this information in it's original form, article form.

For many years I've built my Nature's Sunshine Herb business by having FREE CLASSES for my customers, distributors and managers. I created little handouts for each class. I published a newsletter, "The Herb School Gazette" for some years. I've been teaching this course, in bits and pieces for about 10 years now so when my students wanted me to sit down and write a CERTIFIED COURSE I started looking around my office and when I looked at all of the material that I had amassed over the years, from handouts to articles for the Gazette, I realized that THIS was THE course!

This coursebook is NOT set up as a *text*. This has been on purpose! I think that learning should be interesting and enjoyable if at all possible. I like the inclusion of the cartoon graphics and the easy informal style that is used to present this information. I want this information to be PRACTICAL for you and USABLE for you. If it looks impressively scientific, but you can't stay awake to read it, or can't put this information into practice, it is truly useless.

I believe that one of the very best things about this course is that after you've finished the course and gotten your certification, you can still USE it. The main reason I have formatted this information in this unusual way is so that you can copy it. If you wish to have classes for your customers and distributors, copy the appropriate article and use it for your handout. These articles can be used for Herbal Hours, in newsletters or simply as informational handouts in your business space. If you'll notice at the end of each article, there is a "disclaimer" and a place to put your name and telephone number. Immediately after this note, you'll find a Limited Copyright Agreement between you and me. As long as you don't change anything or copy the entire book or parts of the book for SALE, you are free to use this material in your business. I've used this course in business building, I've signed up almost every one of the people that have taken this course, and many of them have gone on to become Nature's Sunshine managers. The better you prepare your people to help others, the better and faster your business will grow. I hope that you enjoy this course and use it to help lots and lots of people!

The Herb School's
Basic Herbalist Certification
Course©

Introduction

I have always wanted to give my students every bit of information that I possibly could. I feel that good information is like a well filled tool box, and that's what allows us to be of help to our fellow man.

It's impossible to memorize everything. I feel that knowing which questions to ask is much more important that knowing all the answers. Answers are usually easy to find, once you know the correct questions.

Will you know EVERYTHING when you finish this course? No, of course not. You'll NEVER know everything - there's always more to learn. In fact, if you wait until you "know enough" to be of help, you'll never help anyone. The field of knowledge is so vast, no one person could ever master it all. This is but a start, take this knowledge and put it to use, I promise you it will grow!

What Certification Means

The certification that you will receive upon successfully completing this course does not allow you any specific medical privileges. It DOES NOT allow you to practice medicine, to diagnose or prescribe herbs, vitamins or other natural therapies.

Each state in the union has individual laws concerning health care professionals and many do not recognize "Certification" of Herbalists, they do not recognize Naturopathic Doctors, and many do not recognize even Homeopathic Physicians. This certification is given by your instructor. It testifies that you have studied and successfully completed various natural and non-invasive methods of strengthening body systems and using herbs to nutritionally balance the human body.

I hope that you enjoy taking this course and that it will help you be of service to yourself, your family, your friends and your fellow man. Thank you for allowing me to do the thing I enjoy most, teaching.

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This agreement does not permit anyone to copy the book in its entirety for the purpose of selling it or to teach the certification course.