

Naturopathic Herbalist Training Master Outline

Working program plan for Natural Me Apothecary

Purpose. This working outline captures the philosophy, curriculum, tuition, policies, delivery options, and 17 meetings of the Naturopathic Herbalist Certification. The instructor-led program is offered in person over nine months, and a separate correspondence option allows independent students up to one year to complete the course.

Program Overview

Item	Details
Program name	Naturopathic Herbalist Certification
Teaching organization	Natural Me Apothecary
Instructor	Eva Nyrie Garrett, Naturopath and Master Herbalist; certified through A Life of Peace Institute to teach the program
Format	In-person, nine-month course
First meeting	Sunday, January 10, 2027
Schedule	Every other Sunday, 3:00-5:30 p.m.
Location	Natural Me Apothecary, 707 42nd Ave N, Minneapolis, MN 55412
Instructional materials	PowerPoint lessons provided by Dr. Akua Gray, assigned textbooks, hands-on demonstrations, client practice, and outdoor plant study
Completion credential	Naturopathic Herbalist Certificate issued by A Life of Peace Institute
Professional training hours	360 hours that may be applied toward American Herbalists Guild registration requirements

Course Philosophy and Purpose

Guiding definition. Herbology is the specially designed medicinal component to healing and nurturing the whole person made available by nature.

Designed by Dr. Akua Gray from more than twenty years of herbalist training and experience, this program gives both experienced students and beginners a complete understanding of health and wellness herbology from an

indigenous perspective. Natural Me Apothecary teaches and administers the course through Eva Garrett, who is certified by A Life of Peace Institute to provide the instruction. A Life of Peace Institute issues the certification to students who successfully complete the program requirements.

- The program presents a global survey of healing paradigms while centering indigenous knowledge and whole-person wellness.
- The certification may support personal wellness, family care, and community service.
- The training is designed to prepare graduates for herbalist, nutritional consulting, and herbal manufacturing work within the laws and professional scope that apply where they practice.
- The program promotes self-directed learning and the practical application of herbal knowledge.

Learning Structure

- The core curriculum is organized into 13 training lessons that cover the full group of curriculum subjects listed in this outline.
- Every lesson includes a Reading Assignment, Writing Assignment, and Kinesthetic Learning Assignment.
- Kinesthetic assignments give students hands-on experience through medicine making, plant identification, assessment practice, client work, or another applied activity.
- The in-person course expands the 13 core lessons across 17 meetings, including orientation, assessment integration, course closeout, and graduation.

Tuition and Payment Terms

Option	Total	Payment plan
Standard tuition	\$2,500	Five payments of \$500
Early bird tuition	\$2,000	Four payments of \$500

- The early bird rate applies when tuition is paid in full or an approved payment plan is started by December 1, 2026.
- A \$500 deposit is required to enroll. The student and Natural Me Apothecary must agree in writing to the remaining payment amounts and due dates, and the student must keep that agreement.
- All tuition must be paid in full by January 4, 2027.
- All payments are nonrefundable. If a student cannot attend as planned, paid funds may be applied to a later offering of the course.
- Planned marketing launch: approximately October 1, 2026, allowing two months of promotion before the early bird deadline.

Course Expectations

Language and Scope

- Students will learn to work with clients, not patients.
- The course will define herbalism and naturopathic herbology and explain their scope.
- Students will study the principles of naturopathy, the laws of healing, and Hering's Law of Cure.

- The program will emphasize that herbalism is not a short-term fix; it supports a deeper process of healing and lifestyle change.

Attendance

- Students may miss no more than three in-person classes. An exception may permit a fourth absence, but no student may exceed four absences.
- A student who exceeds the permitted absence limit must transfer to the self-paced correspondence course and will have one year from the transfer date to complete it.
- A student who withdraws from the in-person course or is not progressing successfully may transfer to the correspondence course. After transfer, the student will no longer attend in person and will complete the remaining work independently within one year.

Reading and Homework

- Assigned readings must be completed before the class in which the material will be discussed.
- Each lesson and its homework will be introduced during the in-person class.
- Homework is due before the next in-person meeting, which is normally two weeks later.
- All homework must be submitted by email to homework1naturalmeapothery@gmail.com.
- Homework must be submitted no later than 11:59 p.m. on the day before the next class. Work submitted at midnight or later, or on the day of class, is late.
- Students must earn at least 80% on every homework assignment.
- If a student earns less than 80%, the student will receive an opportunity to redo the assignment after meeting with the instructor to discuss it. The revised assignment must be submitted before the next scheduled class.
- Incomplete work is not considered submitted.
- After four late assignments, the student must meet with the instructor to review progress and discuss whether transfer to the correspondence course is appropriate.

Core Textbooks

Required title	Author	Note
Natural Health and Wellness Consultant Certification Manual, 5th Edition	K. Akua Gray	BJK Publishing; provided for in-person students; purchased by correspondence students
Naturopathic Herbalist Certification Workbook	K. Akua Gray	BJK Publishing; provided for in-person students; purchased by correspondence students
The Way of Herbs	Michael Tierra, C.A., N.D.	Pocket Books, 1990; purchased by all students

Required title	Author	Note
Prescription for Nutritional Healing: The A-to-Z Guide to Supplements	Phyllis A. Balch	Avery, 2002; purchased by all students

Required supply kit: Herbology Starter Kit, purchased by every student. The kit requirements will be explained during registration. The two K. Akua Gray manuals listed above are provided only for the in-person course.

Course Sequence

Class	Topic	Lesson focus and activity
1	Orientation	Define herbalist and naturopathic herbology; clients versus patients; principles of naturopathy; laws of healing and Hering's Law of Cure; herbalism as a long-term healing practice; full course outline; attendance, reading, and homework policies; textbook introduction; introduction to Lesson 1 and its homework.
2	Human Nutrition	Human nutrition principles and the assigned lesson materials.
3	Herbal Nutrition	Herbal nutrition principles and the assigned lesson materials.
4	Herbs Enzymes and Hormones	Study herbs, enzymes, and hormones through PowerPoint instruction and show-and-tell examples.
5	Herbal Basics and Medical Terminology	Herbal terminology with hands-on examples of approximately 20 terms or items found in the apothecary; introduction to charting and medical shorthand; sample charts and shorthand.
6	Ethnobotany and Basic Botany	PowerPoint material, pages 113-129; study relationships between people and plants; outdoor identification of plants and their parts. Homework includes watching The Secret Life of Plants.
7	Herbal Medicine Preparations Part One	Hands-on medicine making in the shop. All supplies are included in tuition. Assign Methods of Application homework, Part One.
8	Herbal Medicine Preparations Part Two	Continue methods of use, preparation, and application. Assign or complete Methods of Application homework, Part Two.
9	Herbal Product Guidelines	Guidelines for developing, handling, labeling, and discussing herbal products. Specific lesson details to be added.

Class	Topic	Lesson focus and activity
10	Western Pharmacology and Interactions	Western pharmacology, drug and herbal interactions, and safety considerations.
11	Cross Cultural and Tropical Herbology	Cross-cultural approaches to herbology, tropical medicinal traditions, and the African herbal perspective.
12	Edible Wild Plants	Outdoor class focused on identifying and responsibly collecting edible wild plants.
13	Indigenous Herbs and Spiritual Healing	Study indigenous herbs, spiritual healing traditions, and the traditional or cultural uses of spiritual herbs.
14	Ayurvedic Medicine Part One	Introduction to Ayurvedic medicine; learn and practice concepts in class. For homework, a student may use one classmate as the first practice client.
15	Ayurvedic Assessment and Constitution Skills	Bring assessment and constitution skills together and prepare for the final project: 10 client case studies using Ayurvedic assessment skills and remedies. A classmate may serve as the student's first practice client.
16	Ancient Medicine Today	Examine remedies and practices used in ancient medicine, identify which approaches are still used today, and discuss how their uses have continued or changed.
17	Course Closeout and Graduation	Complete the course closeout and review graduation requirements. The certificate is issued after the student passes the final exam, completes all homework requirements, and submits the 10 required case studies.

2027 In-Person Class Calendar

Regular classes meet every other Sunday from 3:00-5:30 p.m. May 30 is canceled for Memorial Day weekend. The final examination has its own meeting date, followed two weeks later by course closeout and graduation. Any additional approved schedule change will be communicated to enrolled students.

Class	Date	Lesson	Focus activity and scheduling note
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Class	Date	Lesson	Focus activity and scheduling note
1	January 10	Orientation	Define herbalist and naturopathic herbology; clients versus patients; principles of naturopathy; laws of healing and Hering's Law of Cure; herbalism as a long-term healing practice; full course outline; attendance, reading, and homework policies; textbook introduction; introduction to Lesson 1 and its homework.
2	January 24	Human Nutrition	Human nutrition principles and the assigned lesson materials.
3	February 7	Herbal Nutrition	Herbal nutrition principles and the assigned lesson materials.
4	February 21	Herbs Enzymes and Hormones	Study herbs, enzymes, and hormones through PowerPoint instruction and show-and-tell examples.
5	March 7	Herbal Basics and Medical Terminology	Herbal terminology with hands-on examples of approximately 20 terms or items found in the apothecary; introduction to charting and medical shorthand; sample charts and shorthand.
6	March 21	Ethnobotany and Basic Botany	PowerPoint material, pages 113-129; study relationships between people and plants; outdoor identification of plants and their parts. Homework includes watching The Secret Life of Plants.
7	April 4	Herbal Medicine Preparations Part One	Hands-on medicine making in the shop. All supplies are included in tuition. Assign Methods of Application homework, Part One. Second Sunday of Easter; accommodations may be arranged if needed
8	April 18	Herbal Medicine Preparations Part Two	Continue methods of use, preparation, and application. Assign or complete Methods of Application homework, Part Two.
9	May 2	Herbal Product Guidelines	Guidelines for developing, handling, labeling, and discussing herbal products. Specific lesson details to be added.
10	May 16	Western Pharmacology and Interactions	Western pharmacology, drug and herbal interactions, and safety considerations.

Class	Date	Lesson	Focus activity and scheduling note
—	May 30	No class	No class — canceled for Memorial Day weekend
11	June 13	Cross Cultural and Tropical Herbology	Cross-cultural approaches to herbology, tropical medicinal traditions, and the African herbal perspective.
12	June 27	Edible Wild Plants	Outdoor class focused on identifying and responsibly collecting edible wild plants. Outdoor class; weather contingency plan applies
13	July 11	Indigenous Herbs and Spiritual Healing	Study indigenous herbs, spiritual healing traditions, and the traditional or cultural uses of spiritual herbs.
14	July 25	Ayurvedic Medicine Part One	Introduction to Ayurvedic medicine; learn and practice concepts in class. For homework, a student may use one classmate as the first practice client.
15	August 8	Ayurvedic Assessment and Constitution Skills	Bring assessment and constitution skills together and prepare for the final project: 10 client case studies using Ayurvedic assessment skills and remedies. A classmate may serve as the student's first practice client.
16	August 22	Ancient Medicine Today	Examine remedies and practices used in ancient medicine, identify which approaches are still used today, and discuss how their uses have continued or changed. Ancient Medicine Today is the final instructional lesson
Exam	September 5	Final Examination	Final examination — dedicated exam meeting
17	September 19	Course Closeout and Graduation	Complete the course closeout and review graduation requirements. The certificate is issued after the student passes the final exam, completes all homework requirements, and submits the 10 required case studies. Course closeout and graduation review

Program Materials and Preparation

- Purchase a large classroom whiteboard before the course begins.
- Prepare the classroom PowerPoints supplied by Dr. Akua Gray.
- Select approximately 20 hands-on apothecary examples for the herbal terminology lesson.

- Prepare sample client charts and medical shorthand examples.
- Budget and obtain all medicine-making supplies, which are included in tuition.
- Confirm safe outdoor locations and weather alternatives for botany and edible wild plant classes.
- Confirm how students will access The Secret Life of Plants for homework.

Correspondence Course Option

- The course is also available as a correspondence course for students who cannot attend the instructor-led classes in person.
- Correspondence-course tuition is \$1,200.
- Correspondence students receive the course materials and complete the work at their own pace.
- Enrollment is open throughout the year, so correspondence students may begin whenever they choose.
- Each correspondence student has one year from the enrollment or official start date to complete the course.
- Correspondence students must purchase all required textbooks, manuals, course materials, and the Herbology Starter Kit.
- The Herbology Starter Kit requirements will be explained during registration.
- The correspondence-course payment options, delivery of materials, instructor-support process, assessment process, and certificate requirements still need to be finalized.

Enrollment and Class Capacity

- Students must be at least 18 years old.
- In-person enrollment is limited to 17 students.
- Correspondence-course enrollment is limited to 15 students.
- To begin registration, email naturalmeapothecary@gmail.com and state whether you want the in-person or correspondence course. Natural Me Apothecary will reply with the registration and payment process.

Assessment and Certification Requirements

- The instructor will grade all homework. Students must earn at least 80% on every assignment.
- Students must pass the final examination administered on its own meeting date after Ancient Medicine Today in Class 16.
- The final project consists of 10 client case studies. The case studies are completed after the instructional classes and final exam and must be submitted before certification is issued.
- A Naturopathic Herbalist Certificate issued by A Life of Peace Institute is awarded only after the student has passed the final exam, satisfied all homework requirements, and completed all 10 case studies.
- Successful completion provides 360 hours of herbal training that may be applied toward American Herbalists Guild registration requirements. The American Herbalists Guild makes all final registration and eligibility decisions.