

EASTERN
HERBAL
medicine



A one year professional training program

with an emphasis on Sustainability and the Safe, Effective & Ethical Use of Herbal Medicine

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J a n u a r y
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THE ONLY PROGRAM IN NORTH AMERICA THAT...

- *Offers full training in medicine making: from tinctures, to salves, to infusions*
- *Puts safety, sustainability & ethics at the heart of its training*
- *Trains students on how to grow and use local Western herbs in an Eastern Diagnostic perspective*
- *Honours tradition, while welcoming a new integrative approach to herbal medicine, health and healing by combining Western & Eastern Herbology.*



And

It is North America's most affordable training. Because our goal is to get as many people trained in integrative health as possible. We believe that this medicine should be accessible to all.

Tuition for entire program \$6000 + HST

LOOK AT EVERY PATH
CLOSELY AND
DELIBERATELY, THEN ASK
OURSELVES THIS CRUCIAL
QUESTION: DOES THIS
PATH HAVE A HEART? IF IT
DOES, THEN THE PATH IS
GOOD. IF IT DOESN'T, IT IS
OF NO USE

CARLOS CASTANEDA



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B

Materia Medica

Herbs & their Functions

These courses are an introduction to the different classifications of Eastern herbal medicines and cover the most commonly used herbs in each classification, covering over 300 different herbs as well as principles of combining medicines. This series of courses conveys the science of Eastern Materia Medica incl. History, Nomenclature, Pinyin & Pharmaceutical Latin & Taxonomy, Visual Identification, Methods of Collection, Preparation, Processing, applications & functions, combinations, contra-indications, precautions and current research, including the Endangered Species Protection laws. Dispensary Hours included.

Students are also introduced to the most common Western Herbal Materia Medica

Herbal Formulas

Relationships & Combinations

In this series of courses, students learn over 150 formulas, with an emphasis on the most commonly used formulas. These courses convey the art & science of EM formulation, the relationship of substances within formulas, the art of combining herbs to achieve a balanced therapeutic action, and the modification of standard formulas. Classical Formulas as well as modern uses for common conditions, and developments will be addressed, including contraindications, methodology of treatment, composition, preparation, storage and safety. Patent Formulas & Common Brands will be explored. Dispensary Hours included.

Students are also introduced to the most common Western Herbal Formulas.

Women's Health

From Gynecology to Obstetrics

This course examines the diseases commonly observed in gynecology and obstetrics, their etiology, differential diagnosis and treatment from both an allopathic & Eastern perspective. The most effective & common Eastern & Western Medical formulas will be learned, including integrative health approaches using nutrition/acupuncture/herbs. Common Women's Health Conditions will be explored including Endometriosis, PCOS, Breast Cancer, Infertility, Menstrual Conditions.

Program Meets All CTCMPAO Requirements

which means students may sit the Board Exam

Pediatrics & Children's Health

Supporting Health from Infancy to Youth

This course covers the examination of diseases commonly observed in pediatrics and childhood, their etiology, differential diagnosis and treatment with Gentle Eastern & Western Herbal Formulas, Integrative Nutrition, Mindfulness, Shonishin and Acupressure. Common conditions covered include: Focus Conditions (incl. ADHD), Skin Conditions, Ear Infections, Immune System Disorders, Colic. Students will also learn 5 Element Diagnostic Techniques for Children.

Integrative Herbal Nutrition

Cooking with Herbs

In this fun and highly informative course, students get their hands moving and stomach juices flowing as they learn to use herbal medicine as part of nutritional protocols for health and healing.





Internal Medicine

Diseases of the Organs

This course is an examination of diseases commonly observed in the field of internal medicine, including their etiology, pattern differentiation, pathophysiology, clinical features, diagnosis and treatment with medicinal formulae & acupuncture. Review of Eastern disease concepts will be followed by an in-depth study of therapeutic formulas, protocols and recommendations.

External Medicine

The Body's Surface

This course is an examination of diseases commonly observed in external medicine including Dermatology, & Trauma with an emphasis on diagnostic procedures, internal therapies, and external applications. Focus will also be on etiology, differential diagnosis and treatment with Eastern & Western Formulas and integrative health protocols incl. nutrition, and natural ointments.

Pharmacology & Toxicology

Safety & Ethics, Precautions

This course investigates drug-herb interactions and provides students with the most current findings and regulations regarding the use of Eastern & Western medicines. Contra-indications with medications, supplementation, and precautions are explored in-depth.

Biomedical Research

This introduction to research methodologies provides students with the skills necessary to access and create the most relevant studies in the medical field.



FULL PARTICIPATION EDUCATION

At ITM we encourage students to take an active role in their education. Instead of 'sitting back' and listening to a lecture, we have created a curriculum and classroom structure that fosters critical thinking, student engagement and a direct relationship to the medicine and its role in society.

Materia Medica

IT IS NOT ENOUGH TO MEMORIZE HERBAL FORMULAS

*Effective Practitioners must develop a hands-on,
direct relationship with the plants & herbs.*

Clinical Internship & Dispensary Training

The “Practice” of Herbal Medicine

Student Interns join one of Canada's busiest and most popular Student Run, Practitioner Supervised Integrative Health Clinics. Interns work directly with clients/patients providing integrative health plans with a focus on herbal prescriptions. From infants to seniors, students will have above and beyond the necessary direct patient contact hours required by the CTCMPAO. These Internship hours provide students with essential hands on experience with clients and with herbal dispensing, formulation, advanced diagnosis & treatment.

Medicine Making

An opportunity to learn herb cultivation, wildcrafting, and formulation.

Interns have the opportunity to take herb walks, learn wildcrafting skills, and participate in herbal formulation. Participation in field trips and direct hand's on experience with the herbs and formula making allows students to build a strong relationship and understanding of herbal medicine that surpasses the simple 'memorization' of herbs and formulas.



Our Vision for the Future of Eastern Herbal Medicine in North America

Sustainable, Safe, Ethical

If you have done any research into the study and practice of Eastern Herbal Medicine, you may have come across information relating to a number of concerns with its use in North America and Asia. As Educators in the field, we have not been able to turn a blind eye to these concerns, which range from the unsafe levels of toxic substances, lack of proper regulation in processing & cultivation, misuse of resources, the abuse of animals and inevitable extinction of a number of species. You may have also read about the traditional teachings held within many traditional medical systems, that herbs grow within a particular geographic region to counter specific diseases and conditions common within that region.

After over a decade of researching and consulting with some of the top practitioners of Eastern Medicine in North America, we have made the decision to address these concerns by developing a herbal program which offers a strong and solid foundation in the theories of Eastern Herbal Medicine, along with the opportunity to build a practice which incorporates a more sustainable approach. By teaching about the use of local herbs, options to animal products, personal herb cultivation and wildcrafting, sustainable sourcing of organic products, resources for companies and practitioners that are offering the best options for herbal medicine in our city and country, and an emphasis on building a relationship with the herbs, a graduate of ITM will be equipped to offer the most Integrative, Sustainable, Effective, Safe & Ethical Herbal Practice possible.

AND NOW OUR VISIONARIES IN HERBAL MEDICINE

Angela Warburton, Kaleb Montgomery, Jen Bowers, Poney Chiang, Rong Zhu, Rose Liu, Ariella Meinhard, Julian Jones, Carmen Lynde, Marcia Dixon, Jake Fratkin, Debra Betts, Tanya Smith, Alexis Burnett, Ashley Alton, Krystin Smith, Jason Tarter, Christopher Cole, Tamara Segal and many more.



Our faculty and Guest Presenters are comprised of a stellar group of local and international practitioners, entrepreneurs and visionaries who have spent years in the study and practice of herbal medicine. They have all dedicated much of their learning to developing safe and ethical practices with an appreciation of the traditional teachings. They are integrative health professionals with a variety of specialties including Pediatrics, Women's Health, Cancer Care, Mental Health and Environmental Sustainability.

Yes – you will have everything you need to be a successful Eastern Herbal Medicine Practitioner AND... You will also have knowledge in Western Herbal Medicine, Local Herbal Cultivation, and will be able to offer your clients the most Integrative System of Herbal Medicine Available. **You will feel confident and proud to tell your clients that your herbs and products are ethically & sustainably sourced.**



To Begin...

If you are excited, ready and eager to begin, or just curious – send us an email : info@itmworld.org and we will answer your questions, send you a registration form and assist you with making the right decision for your studies and your client's needs.

www.itmworld.org 416.537.0928

