INTRODUCTION

Before you start delving into the information being given you, please understand that a lot of the information and pictures of plants were gathered for Donna' my own self learning. Many of the pictures came from her garden, books, and many came from the internet. She did not take note of where she obtained them, it didn't matter at the time. So, if she has copied a picture that she shouldn't have, she apologizes and if you let us know, it will be eliminated immediately.

Also, just because an herb is listed as useful doesn't mean you can go out and start chomping on it. Many herbs will make you sick if you eat more than just a little. Some plants are poisonous like Arnica, and Foxglove, Belladonna, but made into a homeopathic remedy, they are wonderful.

This course was designed by Donna Rae. She first studied herbology for 3 years in Vancouver. B/C. at the Wild Rose College of Natural Healing in 1991-1993. Along with other certificates, she received their Master Herbologist Degree. The course was designed by Terry Willard and it was wonderful, including field trips to learn about mycology (mushrooms), and wild plants in nearby woods and fields. After graduating, she volunteered at Gaia Garden, an apothecary shop in Vancouver where she learned to mix and match, grind, cap etc.

She started her own clinic in Vancouver, called West Coast Center for Natural Healing, and continued her studies, and taught at the Wild Rose College of Natural Healing. She also studied the Dominion College Herbology Course, and then from Dr. Christopher himself. After that it was studying done by herself from books, and online information. So a lot of this information came from all those different sources and she really don't keep track of her research because it had always been for her own use.

In 1994 she travelled to Medicine Hat, Alberta and opened up the Natural Healing Clinic and began teaching on the weekends. In 1999 she acquired the Little Dove Sanctuary on 8th Street SE in the City and began grooming the parking lot into an oasis of flowers, herbs, fruit trees, ponds, waterfalls and veggies. The clinic moved into the Sanctuary around 2004 and then she had the opportunity to teach about herbs and actually be surrounded by fresh and dried plants, and tinctures.

Several years later she travelled to the United States to learn from some of the great herbalists of our time.

So the information being passed here is an accumulation of 35 years of studying and practising.

When teaching Herbology in Canada, she had to come to the realization that although there are many beautiful herbs around the world that can be used for healing, in Canada we are restricted to those Health Canada allows and not all herbs are available to us. Many herbs from South America and China are

wonderful, but sadly, not to us. So she concentrated on the herbs that were available in Canada and especially those we could grow if circumstances changed.

If you find there are names you don't know the meaning of, easy to search on the internet to learn.

It is good to learn the botanical names. You can see how many common names are used in different places. The only way to be sure you have the right herb is to use the botanical name when ordering plants or herb products.

Some of the herbs are repeated in different lessons because they are so valuable to that particular lesson and rather than go back and re-read in a previous lesson, she has included them in the current one you are learning.

If you are wondering why all the herbs are listed by their common names – it is because Donna doesn't teach to herbalists and students, she teaches to people that are interested in learning a bit about herbs so they can help their health. Most of these people will be buying herbs from local nurseries that use common names, and on line, so it is more user-friendly for them. Classes focused also on herbs that we could get in Canada, especially those that we could grow in our own backyards.

The information is a mish-mash of technical training, as well as simple folk medicine. If there are names that you don't understand you can look them up on the internet or in a dictionary and that way you learn as you go.