

Southwest School of Botanical Medicine

Materia Medica

Home Study Program

Format

This is the first lesson and has some once-only material; otherwise the lessons will all have the same format.

Lectures.

All lectures were filmed during the 2006 program and all sound files are from the 2002 program. Each lesson is 11-13 hours of lectures and sometimes adjunct sound files. The filmed lectures are interspersed with images, videos and other graphics. The sound files on CD are in the .mp3 format and come every lesson or two. These are secondary herbs and field lectures.

There will be 10 lessons.

Each lesson comes with a guide. The Guide lists the preferred forms of preparation, doses, etc. of the plants discussed. Many of these are found in the Materia Medica, some are not. All formulas discussed are also presented in the Lesson Guide. The material from each lecture DVD is marked #1, #2, etc. The sound files are not dealt with. They deal with plants of secondary importance and are supplemental

At [http://www.swsbm.com/ Distance_Learning/Materia_Medica/](http://www.swsbm.com/Distance_Learning/Materia_Medica/) the Guides can be downloaded.

Each new lesson will be released every 3-4 weeks. When you are ready for another lesson send us the quiz and, if you are paying by the lesson, \$120. You may take as long as you wish to complete each lesson.

Most lesson will come with some additional hard copy appropriate for the lesson.

Mentoring

Please submit any questions or comments to me as you work your way through the lectures. If you have broadband, a microphone and use you computer for something other than emailing, send these as recorded audio segments in the mp3 format. You may also email me questions or comments. Send either query to hbmoores@mindspring.com.

I will reply via email or by mp3 audio file. Any computer less than 5 years old can automatically play such a file.

I am used to the constant give-and-take of the classroom. Any question that's answered when it occurs is generally retained best. A need-to-know question derives from inner needs and thought processes and any answer, because of self-induced curiosity, is remembered well. Take the mentoring seriously; your paying for it,

Additional Material

Lesson I also contains the first school manual, the Herbal Materia Medica, the basic reference book for dispensing and preparation, with an English name index in the back (from this point on we will nearly always be using latin names for plants.) and a formulary.

All other manuals are available on the Herb Research DVD under **BOOKS-Moore Manuals-files**.

There are several duplications in the two study programs. The Adaptogens (10 in all) are found in both study programs, as are some medicine-making demonstrations.

Overall, the plants are presented in alphabetical order, except when I deal with a whole clade of plants at once, such as the Malvaceae and the YARFAs (Yet Another Rose Family Astringents).

Herb Research DVD

The Official SWSBM Reference Library-on-a-Stick.

This is NOT a CD of my website...that would all fit comfortably on 1 CD with a bit of room to spare. I organize all my herbal, botanical, pharmaceutical and medical info in set directories on my computer, and file any new material into these directories. For the last 8 years I have burned into CDs whatever I have on my computer and given them to students so that they at least have access to whatever reference material I have collected, scanned, photographed or ripped off up to that time.

This was previously 3 CD-ROMS, and is now found in a single DVD, containing over 20,000 files, 1.65 gigabytes of material, and 93 whole books.

It contains:

a few **books** by me, Matthew Woods and Francis Brinker. (and the backup copies for the school manuals and worksheets at /BOOKS-Moore Manuals-files),

Botany files (including checklists for all 50 states)

Herb books, Eclectic and Physiomedicalist books, pharmacy books, etc.

Eclectic writings and journals

Medicine in various contexts, etc.

Ethnobotany books and monographs

Herbs: chemical structures, constituents, cultivation files, distribution maps,

Individual plant monographs (over 4,000), journals, toxicology, etc.

8,715 plant photographs and illustrations

You will also find cheesecake and tamale recipes, powwow recipes (“...take 100 ears of corn...”), Nick Nolte’s mugshot, the original Sea Monkey advertisement and some jokes

SOUTHWEST SCHOOL of BOTANICAL MEDICINE

P.O. BOX 4565, Bisbee, Arizona, 85603

(520) 432-5855

INTRODUCTION - Page 3

Michael Moore, Director - Donna Chesner, Administrator
hrbmoore@mindspring.com - chesner@mindspring.com
<http://www.swsbm.com>
Training Professional Herbalists since 1979