

North American Institute of Medical Herbalism



Approved and Regulated by the Colorado
Department of Higher Education
Private Occupational School Board



Institute Director Paul Bergner, teaching in a natural setting

The **North American Institute of Medical Herbalism, Inc.** offers introductory, advanced, and clinical training in medical herbalism and clinical nutrition in the vitalist tradition. We offer classroom, clinical, field training, and distance learning formats.

We publish textbooks in medical herbalism, clinical nutrition, ethnobotany, and plant identification, including classical texts in Physiomedical and Eclectic physician-level herbalism, in print and CD-ROM formats

We publish the quarterly *Medical Herbalism Journal* (since 1989).

We operate the Evergreen Center, a multi-practitioner sliding-scale holistic center in Boulder, Colorado.

See our web site for an on-line catalog, application, or up-to-date information on distance learning.

2010-2011 schedule

January 4, 2010 - July 16, 2010
Advanced Program and Seminars

July 11-17, 2010
Rainforest Retreat and Visioning, Mt Hood

August 9, 2010 - December 15, 2010
Fundamentals of Medical Herbalism

September 2, 2010 - May 19, 2011
Clinical Internship

September 11, 2010 - May 7, 2011
Nutrition Certificate Courses

July 10, 2011 - July 16, 2011
Rainforest Retreat and Visioning, Mt Hood

August 8, 2011 - December 14, 2011
Fundamentals of Medical Herbalism

September 1, 2011 - May 18, 2012
Clinical Internship



303-541-9552

naimh.com

Post Office Box 20512
Boulder, CO 80308

Programs and Courses

Fundamentals of Medical Herbalism

300 Classroom Hours 20 weeks \$2100

The centerpiece of this certificate program is a 120-hour class integrating physiology, pathology, herbal actions, and herbal materia medica. The class begins with the basics of the vitalist paradigm of healing, then moves through the various tissues and organs of the body, and the herbs most commonly used to influence them. Also included in the program are basic nutrition, introductions to botany, herbal medicine-making, and plant identification, and a class focusing on herbs of commerce.

Advanced Certificate and Seminars

500 hours 7 months \$5000.00

The Advanced Certificate program prepares the student for the professional practice of medical herbalism and clinical nutrition. The program consists of a series of seminar-modules which may also be taken as stand-alone certificate courses.

Fundamentals of Vitalist Medicine	54 hours
Vitalist Therapeutics for Acute Symptoms	36 hours
Clinical Nutrition in the Vitalist Paradigm	45 hours
Toxicity and Detoxification	12 hours
Reproduction and Vitalist Therapeutics	18 hours
Nutrition, Digestion, and Immunity	51 hours
Insulin Resistance	30 hours
Safety, Side Effects, and Contraindications	36 hours
Bach Flower Essences	6 hours
Interview Skills	30 hours
Case analysis	30 hours
Rainforest Retreat and Visioning	27 hours



Clinical Internship

310 hours 8 months \$3000

Students who have earned the Advanced Certificate see paying clients in our sliding-scale public clinic. The cases from each week are analyzed in a weekly case-review to maximize learning opportunities. Interns also engage in a prac-

tice-management and client-education practicums and write a thesis on materia-medica.



A field trip in the Rocky Mountains

Certificate in Clinical Nutrition

126 hours (additional) 8 months \$1600

Students who have completed the Fundamentals and Advanced certificates, and who are enrolled in the Clinical Internship may take these extra hours and earn a certificate reflecting 867 total hours in nutrition and related topics.

Rainforest Retreat and Visioning

30 hours 6 days \$295

Set in the rainforest around Mt Hood in Oregon, this trip includes five days of plant walks, in the context of a visioning retreat, seeking to find our Calling to service. (Space limited)

Faculty

Director Paul Bergner has more than 30 years experience in natural healing, nutrition, and medical herbalism, and has written seven books on natural healing. Other regular faculty combine skills in professional level herbalism and nutrition with backgrounds in education. Current regular and guest faculty include Mary Barnes CH, Matthew Becker; Teresa Koby, CH; Cat Pantaleo CH, Anne Theissen, RD; Denise Townsend CH; and Linda Whitedove LAc.

Vitalism

Vitalism in healing is a clinical strategy based on the principle that Life, Nature, and the Great Spirit from which they arise are fully present in all the tissues of the body, and also in the psyche, the spiritual heart, and the soul, sustaining life and health, providing momentum for personal evolution on all levels, and for the fulfillment of the highest purpose in social and spiritual life. Vitalist practitioners employ clinical strategies and methods which support this life power through encouragement of nourishment, digestion, rest, and appropriate activity, identification of purpose in personal life, connection with nature, an active spiritual life, identification and removal of obstacles to cure on all levels, and avoidance of methods which suppress or distort life processes. The Vitalist incorporates all aspects of science, especially physiology and pathophysiology, but equally values knowledge from traditional medicine, empirical observation, instinct and intuition, and is not confined to the narrow materialistic world view that dominates much of modern science, medicine, and social life.