



ACORN School  
of Herbal Medicine

# Advanced Herbalism

in the Vitalist Tradition

Student Handbook  
2024-25



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## School Information

The ACORN School of Herbal Medicine (referred to as ACORN) offers education in medical herbalism, clinical nutrition, basic physiology, field botany, herbal pharmacy, and other aspects of natural health. Our faculty members are certified herbalists with professional clinical experience and strong backgrounds in clinical nutrition. Our programs are not accredited by any educational agency in the State of California.

ACORN is affiliated with the North American Institute of Medical Herbalism (referred to as NAIMH). ACORN teaches the curriculum created by Paul Bergner, Medical Herbalist and Clinical Nutritionist for NAIMH. Paul founded NAIMH in 2003, and from 2003 until 2012, NAIMH was approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board. In July 2012 NAIMH relocated to Portland, Oregon. Oregon does not regulate this type of school, but NAIMH has kept and maintain the coursework approved by Colorado. NAIMH is not academically accredited, and students are not eligible for federal government loans. Each ACORN instructor has completed courses with NAIMH, under the instruction of Paul Bergner.

**ACORN is owned solely by Heather Luna Keasbey, CCH, CN.**

**Mailing address: PO Box 1664 Nevada City, CA 95959**

**Telephone: 530-955-3131**

**Website: [www.acornherbschool.com](http://www.acornherbschool.com)**

**Email: [herbalists@acornherbschool.com](mailto:herbalists@acornherbschool.com)**

Our classroom is now online. All classes are held online using video conferencing technology. Students will join online for live classes taught by Heather Luna and still listen to audio recording of Paul Bergner's course curriculum. Medicine making supplies will be mailed to each student on a monthly basis and will contain all material needed to complete the herbal pharmacy and medicine making requirements for that month.

**Advanced Herbalism in the Vitalist Tradition** program students are dually enrolled at both the ACORN School of Herbal Medicine and the North American Institute of Medical Herbalism. Upon completion of this course, you will receive two separate certificates: one certificate from ACORN and one from NAIMH.



# Work with the forces of Nature to establish a better quality of life for modern living



## Our Philosophy

In the practice of herbalism, we seek to treat the whole person, not the disease. In doing so herbalists employ healing methods intended to increase vitality and support the natural forces within us to restore balance on all levels. Our educational programs emphasize Vitalist principals in which to elevate the quality of life to facilitate deeper and more meaningful relationships with ourselves, our bodies, our community and to the Earth. We offer both a traditional and clinical platform from which to launch herbal practitioners into the life long journey. Using herbs as a way of life is an art. We support the creative process of self-care as a means to offer our services to others.

## Our Vision

We invite you to participate in paving the way for a cultural shift in healing the landscape of the human being. As herbalists we employ healing methods that support Nature's innate ability to flourish. On this journey we learn to work with the forces of Nature. We seek to establish a better quality of life in modern living, knowing that health and wellness are not limited to what is perceived in physical form, but must be addressed at all levels of our being. This approach to personalized health care fosters an enriched human experience which directly affects the well-being of our relationships, our communities, and our culture. ACORN School of Herbal Medicine wellness programs are how we want to contribute and best serve our community, both locally and globally.

## Understanding 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 herbalism, 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."*

– Paul Bergner



## **A.C.O.R.N.**

### **Academic Community Of Radical Nature-cure**

Working with plants is working with the forces of Nature. Nature Cure is a healing modality as old as humanity itself. Our contemporary expression of it originated in the mid-1800s. Practitioners used whole food diets, restoration of the circadian rhythm, bathing in healing waters, movement in the fresh clean air, and the skilled application of herbs. This was practiced while spending ample time in natural landscapes and wild places. They found these methods to be curative of many conditions. It is from this tradition that modern naturopathic medicine was developed. In order to facilitate a cure, we must unpack the habits of modern lifestyle and restore the balance of Nature's original instructions in human life. It is our mission to resurrect these principles in the practice of western herbalism today.

We are a learning community and each of us comes to this calling with something to offer. We learn directly from experience, from our own and from each other. Every student on this path has the ability to become a teacher for ourselves, for those we serve, and for one another. The unique effects of herbs on one individual offer experience for all of us in the setting of shared community learning.

We cultivate a ferocious appetite for learning with in-depth study and rigor in our academic work. In defense of Nature's ability to heal, we take a radical stand against those dominant medical practices that suppress life's innate healing processes. We are the resistance against the distorted views of suppression which are known to cause harm and illness.

We have come to call our school the Academic Community of Radical Nature-cure.



### **"Flipped" Classroom Model**

ACORN School of Herbal Medicine certificate courses offers a "flipped" classroom model for most of the academic portions in each program where reading materials and instructional audio recordings are done prior to class time. Class time is then spent engaging in further discussion, answering questions, and working together in participation of hands-on class work. This approach allows for community learning as we practice key components with feedback. This is a teaching model that is being adopted by universities and colleges. The benefits of classroom flipping are that students are able to learn more deeply, there is more active participation in learning, the interaction increases and students learn from each other. This method of education helps both instructors and students to get more feedback.

## Core Faculty Members



### **Heather Luna, Clinical Herbalist, Clinical Nutritionist** **Founder & Director of the ACORN School of Herbal Medicine**

*Heather is the primary instructor of the Footprints program, supporting instructor of the Advanced program, and supervising clinician of the Free Clinic & Clinical Residency program.*

Heather Luna teaches full time at the ACORN School of Herbal Medicine and oversees the Medicine Garden outdoor learning classroom. She has held a private practice since 2002 and has instructed classes in Western Herbalism since 2006. Her clinical work emphasizes vitalist therapeutics with the use of herbs, nutrition, and Nature Cure practices. This includes custom herbal formulation, individualized nutrition protocols, coaching through food intolerance, therapeutic bodywork and uterine massage. She specializes in individual support for cultivating healthy lifestyle habits adapted for the conditions of modern living.

Heather is a graduate of the Rocky Mountain Center of Botanical Studies and the North American Institute of Medical Herbalism. After completing 4 years of formal training, she continued to pursue private studies under Ann Drucker, Ms. Beatrice Waight, and Paul Bergner. She now maintains hundreds of client case records which illustrate that vitalist strategies work to achieve outstanding clinical results. It is her passion for Nature which guides her practice with the use of herbs, nutrition, bodywork, and apitherapy. Heather holds a lineage in the vitalist tradition and has a mission to pass it on.



### **Paul Bergner, Medical Herbalist, Clinical Nutritionist** **Founder of North American Institute of Medical Herbalism**

*Paul is the creator of our course curriculum ~ he is the voice on all audio recorded lectures and it is his work in Vitalist Medicine that we will primarily study.*

Paul Bergner has studied and practiced natural medicine since 1973, with formal studies in naturopathy, medical herbalism, clinical nutrition, traditional Chinese medicine, Ayurvedic medicine, flower essences, yoga therapy, and bodywork, including undergraduate studies in pre-medicine and psychology, and 50 semester hours of doctoral level medical studies at National College of Naturopathic Medicine. He has edited the Medical Herbalism journal since its founding in 1989, and has written seven books on medical herbalism, nutrition, Chinese medicine, ethnobotany, and naturopathic medicine. He has also edited periodicals on clinical nutrition and naturopathic medicine.

Paul directed the clinical herbalism programs at Rocky Mountain Center for Botanical Studies and the NAIMH for eighteen years, training more than 230 certified clinical herbalists in an 1100+ hour education that culminates in an eight-month internship program. He is currently on the regular and clinical faculties of the Colorado School for Clinical Herbalism in Boulder, CO, and the School for Traditional Western Herbalism in Portland, OR. He has been adjunct faculty in nutrition at Naropa University, visiting faculty in nutrition and pathophysiology at the Tai Sophia Institute, and nutrition faculty at the Seven Bowls School of Nutrition. In addition to directing the NAIMH, he teaches herbal Materia medica and therapeutics, clinical nutrition, basic medical sciences, clinical skills, medical history and philosophy, and nature studies.



## **Advanced Herbalism in the Vitalist Tradition 2024-25**

September 11<sup>th</sup>, 2024 - May 28<sup>th</sup>, 2025

Wednesdays 11:00 am – 4:00 pm PST

(with lunch from 1:00-2:00 pm)

### **Program Overview**

Our Advanced Herbalism program prepares the herbalist for becoming a clinical practitioner in the field of Vitalist Herbalism. Students will learn how to complete a full-length client intake, perform a deep level case investigation by applying vitalist assessment skills and case analysis techniques. Students will practice the art of how to apply natural therapeutics and herbs to individual cases, and gain critical insights to perform subsequent follow up visits with a client for long term health transformations. This includes the necessary technical skills to write up a case for peer review and faculty feedback in a clinical setting.

This program features audio recorded lectures with Paul Bergner as part of our flipped classroom model. Students will also receive direct experience under his professional guidance in our live online classroom. While Paul's work is known worldwide and access to his teachings are available in a number of schools around the globe, this program offers a unique expression of his works. His 50 years of accumulated knowledge have been refined bringing a heightened skillset to the development of becoming a professional herbalist. He has trained more than 400 clinical herbalists since 1996.

Students listen to Paul Bergner's audio recorded lectures as homework and then come to class where students will participate in exercises and discussions that provide valuable firsthand experience with practical applications in Materia medica, case assessment, clinical skills, therapeutic approaches, and the art of developing client practitioner relationships. The flipped curriculum offers a higher retention of learning while gaining insight from shared experiences and faculty feedback.

Heather Luna has been a student of Paul Bergner for over 20 years. She will facilitate the classroom setting and provide both insight and guidance based on her own experience of having applied the principles of vitalist medicine in her clinical practice since 1999. She is a dedicated teacher, a forever student, plant advocate, administrative director, and coordinator for community learning.



## Course Outline

The topics listed below are Paul Bergner's audio recorded lectures that comprise the Advanced program course curriculum. There are a total 160 hours of audio that students will study. In addition to listening to the audio lectures, students will be completing over 150 hours in homework and projects outside of class time.

### Interview Skills

- Interview Skills in the Vitalist Tradition
- Getting the Story Right
- Art of the Follow-up
- Healing as a Spiritual Path

### Materia Medica & Formulation

- Advanced Herbal Actions and Formulation
- Herbal Pairing and Modular Formulation
- Herbal Safety
- Materia Medica Differentials
- Herbs for the Spiritual Heart

### Case Analysis

- Intake and Pattern Assessment
- Case Analysis in the Vitalist Tradition
- Case Studies in Vitalist Herbalism

### Infectious Disease

- Biofilms and Chronic Infections
- Viral Infections

### Nutrition and Metabolism

- Nutrition in the Herbal Paradigm
- Systemic Inflammation, Food Intolerance & Autoimmunity
- Insulin Resistance
- Obesity: Ethics and Harms

### Therapeutics

- Detoxification, Alteratives and the Liver
- Fatigue Therapeutics & Adaptogens
- Working with the Heavy Cannabis User
- Hypothyroid

## General Enrollment Information

- **You must have previous herbal education & training to apply (see Prerequisites below).**
- Prospective students must fill out an Application for enrollment & pay the Application Fee of \$50.
- You must have a High School diploma or equivalency to be accepted for enrollment.
- You must be 18 years of age or older to attend classes.
- Enrollment is open until August 28, 2024. Late enrollments will be accepted at the discretion of ACORN.

## Prerequisites

This program has prerequisite requirement of a minimum of 300 hours of training in Foundational Herbalism, having attended our *Footprints in Medical Herbalism* program or the equivalent. If you are not certain that your previous training qualifies you for our Advanced Program, please contact the school to inquire.

## Academic Commitment

This program offers a rigorous study in the field of Advanced Herbalism. While class time is held live only 4 hours a week, homework and independent study hours average about 6 hours a week. A 90% class attendance and a completion of all program assignments is required in order to graduate.

## Course Hours

The Advanced Program is a total of 453 hours.

- 124 Class hours (online)
- 329 Independent Study hours (includes audio recorded lectures)

## Certificates Earned

Completion of the Advanced Herbalism in the Vitalist Tradition program earns the student two separate certificates. One from the ACORN School of Herbal Medicine and one from the North American Institute of Medical Herbalism (NAIMH).

## How Class Works

### 1. Regular Classes

**1<sup>st</sup> Day of Class: September 11, 2024 ~ Last Day of Class: May 28, 2025**

Our classes will be held in real-time online using Zoom. We want to replicate the in-person classroom environment as much as possible so we can grow and connect as a group. Regular class times are Wednesdays 11:00 am – 4:00 pm PST, with a lunch break from 1:00 - 2:00 pm. Paul Bergner usually teaches the morning class (11:00 am - 1:00 pm) and Heather Luna teaches the afternoon class (2:00 - 4:00 pm). For the complete class schedule see our Advanced Program Calendar on the last page of this handbook. If you are unable to attend the live Zoom classes, you may opt to watch the recording for attendance. See below for details.

### Attendance by Recordings

In order to receive credit for attendance via recordings, you must turn in a copy of your class notes along with any questions you have from the class to demonstrate participation.

Recordings will be uploaded to student drive files online for access and future reference. See the section under Attendance for complete details.

## 2. Self-Study/Audio files (NAIMH Course Materials)

Listening to Paul's recorded classes is an essential aspect of our herbal learning environment. His audio lectures are full of valuable information and experience that drives the entire program. You will listen to the assignment (audio file) on your own time and complete the given homework projects before the next class. The Advanced Program Course Materials is a library of digital files that will come as a download which includes: audio recorded lectures with Paul Bergner, notes and slides to accompany each lesson, data files, clinic forms, and PDF text references. We recommend saving these files to some type of external hard drive.

## 3. Homework

- All homework must be turned in as a Google Doc file in order to be graded. Homework submitted in other formats (Word, Pages, PDF, etc) will NOT be graded.
- All homework must be submitted to the email address: [advancedherbalism@gmail.com](mailto:advancedherbalism@gmail.com)

## 4. Medicine Making Kits

- You will receive medicine kits throughout the year with herbs to sample that are specific to topics we will be covering. All students will receive a binder with printed notes and journal forms for completing projects at home.

## Tuition & Costs

### Total Program Cost \$4600

- \$400 – Tuition Deposit (counts towards tuition)
- \$1200 – NAIMH Course Materials
- \$3000 – Tuition Balance

## Payment Due Dates

Once you are accepted into the Advanced Program you will receive an Enrollment Packet with complete details, due dates and next steps to help you prepare for the first day of school.

### \$1600 due by 8/28/24:

- **Tuition Deposit of \$400** - This deposit counts towards your total tuition. We encourage you to pay your deposit as soon as you can to help offset the initial costs and hold your place in the program. The deposit also helps keep the monthly payments affordable.
- **NAIMH Course Materials Purchase of \$1200** - The Course Materials must be purchased by this date. The cost of the Course Materials is in addition to tuition, is non-refundable, and is required to attend classes. Once payment has been made, you will receive a link to download these files.

## Tuition Monthly Payment Plan

Once your Tuition Deposit and Course Materials are paid, you will have monthly payments. Tuition payments are auto-billed on the 1st Tuesday of the month (dates given below). The payment plan below helps keep the monthly payments affordable. Please contact ACORN directly to make custom payment arrangements.

8/28/24	10/1/24	11/5/24	12/3/24	1/7/25	2/4/25	3/4/25	4/1/25	5/6/25
\$400 Tuition Deposit + \$1200 NAIMH Course Materials Payment	\$375 Tuition payment	\$375 Tuition Payment	\$375 Tuition Payment	\$375 Tuition Payment	\$375 Tuition Payment	\$375 Tuition Payment	\$375 Tuition Payment	\$375 Tuition payment
= \$1600	= \$375	= \$375	= \$375	= \$375	= \$375	= \$375	= \$375	= \$375



## School Policies

### Communication with the Director

If you are having any difficulties with payments, homework, or attendance please contact the Director so we can establish a means to help you get back on track.

### Non-Discrimination Policy

The ACORN School of Herbal Medicine does not discriminate based on disability, race, religion, creed, color, sex, sexual orientation, transgender status, marital status, national origin, or ancestry.

### Postponement of Start Date

If the Advanced Herbalism in the Vitalist Tradition program has a postponement of its starting date, due to unforeseen circumstances, all students will be notified immediately via phone, text and/or email. A new date will be set as soon as possible.

### School Closures & Holidays

- ACORN may cancel or reschedule a class due to an unforeseen circumstance. If this happens students will be notified as soon as possible.
- **School Breaks for 2024-25:** October 21-25, November 25-28, December 23-January 2, February 17-21, April 21-25.
- ***Please see the Advanced School Calendar at the end of this handbook for the full class schedule.***

### Requirements to Earn Certificate

- 1) You must attend class.
- 2) You must show up on time.
- 3) You must complete ALL assigned coursework to earn a certificate, no exceptions.

### Assignments & Homework

- All homework assignments must be completed by their due date in order to participate in the next class. This is imperative to keep up with the pace of the classes, as each assignment prepares you for the next class.
- Late assignments will be accepted with two weeks of the due date.
- Assignments turned in more than two weeks late will be accepted with a late fee of \$25 per assignment.
- All assignments must be completed in order to graduate.
- Incomplete assignments will not be graded.

### Conduct Policy

All students are expected to act with common decency and respect to the other students and faculty members. Showing up to class intoxicated, making rude and derogatory comments, and being disrespectful to anyone in our class setting is against our standards of respect and human dignity. Any violation of school policies may result in permanent dismissal from school of the faculty member, staff member and/or student.

## Dismissal

Any student may be dismissed for violations of school policy, as specified in this Student Handbook. A student also may be withdrawn from classes by ACORN if he or she does not prepare sufficiently or neglects assignments.

## Student Complaints

Student complaints of any nature should be brought to the attention of the school Director in order to be resolved.

## Attendance

Students are expected to arrive on time for class with proper materials and all assignments completed. An overall attendance rate of at least 90% is required to pass the Advanced Program.

### Absences

- **Students are allowed 3 Absences without affecting attendance requirements.**
  - Students are still required to submit all assignments from all missed classes. All assignments are due within two weeks of any missed class date.
- **Students with more than 3 Absences will be required to makeup those missed classes.**
  - For each missed class after the first 3, students are required to fulfill attendance requirements by watching the class recordings and submitting class notes – see the section on **Attendance by Recordings** below.
  - Students are still required to submit all assignments from all missed classes. All assignments are due within two weeks of any missed class date.
- **Contact the Director immediately if you are having difficulty meeting attendance requirements.**

### Tardiness

- Students arriving more than 15 minutes late for 3 classes will be docked the equivalent of one full 3-hour class.
- Excessive tardiness will constitute a meeting with the Director.
- Most important is that students communicate with the school in the event of excess absences or tardiness.

### Attendance by Recordings

- Students may watch the Zoom recordings to receive class attendance if they are unable to join the live Zoom class.
- To receive attendance credit, you must turn in a copy of your notes from having watched the recording along with the assignments from each class missed.
- The notes and assignments must be turned in within two weeks of the missed class date.
- As class discussion and answering questions is a major part of the live Zoom class, we encourage live attendance when possible.
- If you attend by recording and have questions, please list these at the top of your notes so they may be answered via email.

## Payment Policy

All payments are expected to be made by the due date given. Payments not received on time are subject to Late Fees, and students may be prohibited to attend class until payment has been made.

- **Late Tuition Payments** - Payment is considered late on the 7th day after the due date. ACORN charges a Late Fee for tuition payments received after this time.
- **Late Fees for Late Payments** - A late payment fee is assessed at \$10.00 per day until the payment is made. Late fees will be due at the same time as the past due payment.
- **Credit Card Declined** - If the credit card provided declines the student will receive a digital invoice that will be due within 7 days before Late Fees are assessed and further action is taken.
- **Bad Checks Written** - If a check written to ACORN comes back as insufficient funds, there will be a one-time bad check fee of \$25.00 that will be added to the payment due. The student will be given notice immediately and will have one week to provide payment before Late Fees are assessed and further action is taken. After two bad checks written to ACORN, we will decline that form of payment and require a credit card moving forward.
- **Financial Hardship** - If you experience a financial hardship that prevents you from making tuition payments, please contact the Director as soon as you know you cannot make your next payment. The Director can hear your case and try to work out a reasonable arrangement to make up payments and keep you enrolled.

## Refund Policy / Withdrawal from the program

If you decide not to attend the Advanced Program after you have paid your deposit and signed the Enrollment Agreement, please send your *request to withdraw* in writing (letter or email) to ACORN, attention: Heather Luna. See below for details on what is refundable and what is not.

- **Tuition Deposit**
  - Withdraw from the program before the 1<sup>st</sup> day of class: you will receive half of your paid deposit back.
  - Withdraw from the program after classes begin: you will not receive any deposit back.
- **Tuition Balance Paid in Full** - If you have paid for the Advanced Program in full and wish to withdraw, you will be refunded from the next month's billing cycle until the end of the program. For instance, if you withdraw in December, you will receive January through May tuition back.
- **Tuition Balance Monthly Payments** - Monthly tuition payments made to ACORN are non-refundable. If you withdraw from the Advanced Program mid-month after you have paid the monthly payment, you will not receive a refund for that month.
- **NAIMH Course Materials** - The purchase of the Course Materials is non-refundable.

## Placement Assistance

ACORN does not offer employment placement assistance to graduates. We make no guarantee, expressed or implied, of future employment.

## Next Program

Upon graduation of the Advanced Herbalism in the Vitalist Tradition program, you are now eligible to apply to our third-year program, Clinical Residency & Roundtable program. Please visit our website to learn more:

<https://www.acornherbschool.com>





# Advanced Herbalism in the Vitalist Tradition

## School Calendar 2024-25

Wednesdays 11 am – 4 pm PST

(morning class: 11 am – 1 pm / afternoon class: 2 – 4 pm)

September 2024						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2025						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

	1 <sup>st</sup> Day of School
	Regular School Days
	No School
	Last Day of School