

## Advanced Program Prerequisites

This program requires proficient knowledge in the treatment of acute symptoms and basic medicine making skills, which are both covered extensively in our Footprints Program.

### GI

- Heartburn
- Nausea
- Diarrhea
- Colic
- Constipation
- Hemorrhoids
- Intestinal dysbiosis

### Alteratives

- “Bad blood” & Damp pathologies
- Arthritis
- Boils and carbuncles

### Skin

- Acne
- Athlete’s foot, foot fungus
- Burns and sunburn
- Eczema, psoriasis
- Itch and rashes
- Splinters
- Wounds/cuts
- Skin ulcers/sores
- Also mentions: Bites and stings, Poison ivy/oak

### Fatigue, Insomnia

- Fatigue
- Insomnia
- Depression
- Anxiety/nervousness

### Pain

- Traumatic pain
- Inflammatory pain
- Muscular/joint pain
- Headaches
- The Pain Complex

### Catarrh

- Acute mucous
- Chronic mucous
- Sinusitis

### Cough, Sore Throat

- Bronchitis
- Wet vs dry cough
- Sore throat

### Allergies, Asthma

- Hay fever
- Allergies
- Asthma

### Eyes, Ears

- Outer ear infection (Swimmer’s ear)
- Middle ear infections
- Conjunctivitis
- Sore, tired eyes

### Fevers, Colds, Flu

- Stages of a fever
- Febrile seizures
- Acute respiratory infections
- Common cold
- Influenza

### Urinary

- Urinary tract infections
- Bladder infections
- Kidney infections
- Kidney stones

### Menses

- Menstrual pain/cramps
- Amenorrhea
- Excessive bleeding

### Pregnancy

- Nourishment
- Morning sickness
- Increase/decrease lactation
- Cracked nipples

### Other Topics

- Herbal Energetics
- Constitutional energetics
- Vitalist therapeutics

### Medicine Making

- Maceration tinctures
- Percolation tinctures
- Infusions
- Decoctions
- Oils and Salves
- Syrups
- Cordials
- Elixirs
- Electuaries