



Reclaiming Your Health

A three-week introductory course on total health and wellness.

Course Syllabus

Instructor: Shawna Williams

Course Description:

Over the next three weeks, we will discuss the benefits of Herbalism, Traditional Chinese Medicine, and Meditation. These courses are designed to introduce you to the vast world of Health and Wellness and strengthen your understanding of various holistic methods you can use daily.

In **Unit One**, you will learn about the history of herbalism and how it is used today. You will learn to make home remedies with easily found plants to improve your family's health.

In **Unit Two**, we will explore the history of the Traditional Chinese Medicine system, the various meridians in the human body, and how to use TCM to heal inflammation and bring the body back into balance.

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In Unit **Three**, we will explore the benefits of Meditation, including its health and spiritual benefits. We will also discuss different meditation methods, including mindfulness, and how to incorporate this practice into your daily routine.

Learning Outcomes: This 3-week course is user-friendly and designed to help individuals advance their healing journey. By the end of this course:

- Course users should be able to identify different herbs and locate herbs nearby for minor ailments.
- Course users will have a basic understanding of the Traditional Chinese Medicine system and will discover ways to use this system in their lives.
- Course users will learn the benefits of Meditation, understand various methods, and pick a method to start practicing daily.
- Course users will learn about holistic wellness and its benefits for treating chronic diseases like obesity and hypertension.

Required Materials:

In **Unit One**, we will read from *The Lost Book of Herbal Remedies: The Healing Power of Plant Medicine* by Nicole Apelian, PHD, and Claude Davis. This is a great book to have in your library, and it can be purchased from various outlets, including Amazon and the TikTok shop.

We will also read from *African American Herbalism: A Practical Guide to Healing Plants and Folk Traditions* by Lucretia Van Dyke. This is a highly recommended addition to your library and can be acquired through Amazon and Barnes & Noble. We will also use Peer-reviewed articles and reputable sites.

For **Units Two** and **Three**, we will use various peer-reviewed sites and articles on the internet to support the historical benefits and application of TCM and Meditation.

General Course Guide:

Week 1: History of Herbalism and its benefits. We will also discuss herbalism in the African American community.

- What is the history of herbalism?
- What is the history of herbalism and its use in the African Diaspora?
- How to combine simple herbs for more minor ailments.
- We will discuss the benefits.
- We will also be mixing and using at a basic level.

Activities will include, but are not limited to, finding an easily accessible herb in your home or nearby. Do your research and create an herbal plan that you can use for at least two minor ailments. Mixing herbs to make a tincture at the most basic level.

Week 2: History of Traditional Chinese Medicine and its benefits. We will also discuss its effectiveness for weight loss and other health benefits.

- What is Traditional Chinese Medicine?
- What are the Meridians of the Body?
- How does TCM promote balance and harmony within and without?
- We will explore the health benefits of TCM.
- Pick one method within the TCM system and complete one session with a professional practitioner.

Activities will include, but are not limited to, choosing one **method** within the TCM system that you will incorporate into your life. This means you will need to seek out a TCM professional. Do your research for someone local and physically get the service, i.e., cupping, acupuncture, etc. Journal your results.

Week 3: History of Meditation and its benefits. We will also discuss various modalities of meditation.

- What is meditation?
- What is the correlation between meditation and stress levels?
- What are the different modes of meditation?
- What are the health benefits of starting?
- We will address some common misconceptions about meditation.

Activities will include, but are not limited to, choosing one **method** of meditation to begin with each morning and at least 10 minutes before bed. This can consist of guided meditation, journaling, etc.

Delivery Method:

All courses will have a PowerPoint presentation with video reference. Activity instructions are at the end of each presentation.

Course Materials:

Please bring a digital notebook or a notebook you can write in as you go through the presentation. This will strengthen your relationship with the material and allow you to make it meaningful to yourself for application purposes.