

A Certification Program Designed For Busy Physicians

Here's how the Restorative Medicine Herbal Certification program is structured:

- Complete a total of 60 hours of learning over 18 months. Earn up to 50 CME credits for the botanical medicine program (plus 10 additional CME credits from the annual conference).
- Travel is required for only two live events. The remainder of courses are completed via scheduled webinars and convenient on-demand recordings.
- **To earn certification, you must:**
 - Attend the 2019 Annual International Restorative Medicine Conference in San Diego, September 12-15 (annual conference registration is included in cost of the program).
 - Attend one of these three-day herb seminars in 2019: either March 18-20 at the Desert Botanical Garden in Phoenix, Arizona or May 14-16 at the Fairchild Tropical Botanic Garden in Coral Gables, Florida (near Miami).
 - Participate in six, 2-hour live, interactive webinars from the convenience of your home.
 - Complete 20 hours on demand recordings and pass related quizzes from the convenience of your home.
 - Pass a final exam at the end of the 18-month program.
- **On demand learning starts as soon as you sign up!**

Enroll in the Charter Class and Save \$500

Save \$500 off the regular tuition fee of \$3,500 by enrolling in the charter class. You can get started with just a \$1,200 deposit, and then pay three monthly installments of \$600 each.

Tuition fee includes 4-day registration for the 2019 Annual International Restorative Medicine Conference in San Diego, registration for either the Miami or Phoenix 3-day herb seminars, six live webinars, and access to 20 hours of on-demand

lecture recordings. Tuition also includes up to 60 CME credits. You'll receive downloads of all the slides and handouts used by the faculty during the classes. Upon program completion, you'll receive a certificate to frame for your office.

If you have any questions, contact Jen Palmer, ND, AARM Communications and Education Director, at 941-343-5143 or email jen@restorativemedicine.com.

Enroll today at restorativemedicine.org/herbal



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RESTORATIVE MEDICINE HERBAL CERTIFICATION

Inspired to learn how to use herbs to improve
treatment outcomes, but don't know where to start?

A Botanical Medicine Program Designed For Busy Physicians

Earn up to 60 CME Credits



Desert Botanical Garden
Phoenix
March 18-20, 2019



Fairchild Botanic Garden
Miami
May 14-16, 2019



Paradise Point Resort
San Diego
September 12-15, 2019

[Restorativemedicine.org](https://restorativemedicine.org)

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Introducing the Restorative Medicine Herbal Certification Program

The Restorative Medicine Herbal Certification program fills an existing gap in botanical medicine education for physicians. Other herbal medicine programs take hundreds of hours to complete, and they are designed to teach traditional herbal medicine to students with little or no medical background. They teach lengthy lists of herbs, many of which you'll never use.

The traditional approach isn't practical for a busy practicing integrative physician. That's why we created the Restorative Medicine Herbal Certification program, designed to offer concise, clinically relevant education on

modern herbal treatments. The program builds on your existing clinical experience; expands your proficiency in natural treatments; and offers flexibility to fit into your busy schedule.

Courses are presented by experts in their field, who have both extensive herb knowledge and clinical experience. The faculty is diverse — including MDs, NDs, PhDs, and DCs — in order to bring a balanced perspective from many points of view. These experts will share real case studies and deliver botanical medicine treatment concepts that are proven to get results in the real world.

What You Will Learn

Seven well-developed, clinically-oriented modules will cover the following topics:

- Foundations of herbal medicine
- Endocrinology (including men's health, women's health, thyroid, adrenal and glucose control)
- Cardiology
- Mitochondrial function
- Neurology and neurotransmitters
- Immunology
- Oncology
- Gastroenterology

What you will learn:

- Drug, herb and nutrients interactions
- Herb safety and contraindications, based on clinical experiences, not theoretical research
- How to evaluate herb supplement quality
- Gain confidence in using therapeutic dosing for clinical results

The Restorative Medicine Points of Differentiation

- Experts will teach the mechanisms of action for the most commonly used herbs, and train doctors on how to apply their understanding of plant pharmacology to other clinical conditions. Our approach is not about rote memorization of lists of herbs.
- We offer patient-centered learning based on what really works.
- The program is delivered via a combination of in-person events, online webinars and on demand recordings, all designed to accommodate your busy schedule.

Restorativemedicine.org

Confirmed Faculty

Tieraona Low Dog, MD

Dr. Low Dog is the former director of the fellowship program at the University of Arizona's Center for Integrative Medicine. She is an internationally recognized expert in the fields of integrative medicine, dietary supplements and women's health. Dr. Low Dog was appointed by President Bill Clinton to the White House Commission on Complementary and Alternative Medicine Policy, served as the elected Chair of the US Pharmacopeia Dietary Supplements and Botanicals Expert Information Panel, and was appointed to the Scientific Advisory Council for the National Center for Complementary and Alternative Medicine. Dr. Low Dog currently serves as the Fellowship Director for the Academy of Integrative Health and Medicine.



Kevin Spelman, PhD

Dr. Spelman is an adjunct assistant professor at the Massachusetts College of Pharmacy and Health Sciences, an adjunct professor of botanical medicine at the National University of Natural Medicine, and a distinguished lecturer at the Maryland University of Integrative Health. He is an internationally recognized expert on the molecular biology and clinical therapeutics of botanical medicines. A past National Institutes of Health postdoctoral fellow and Marie Curie research fellow in the European Union, Dr. Spelman has published 27 scientific papers and six chapters. Since 1989, he has practiced phytotherapy, informed by the Ayurvedic system, western herbalism and modern physiology. Dr. Spelman is currently a consultant specializing in new product development, laboratory and cGMP issues and research initiatives.



Charis Lindrooth, DC

Dr. Lindrooth is an herbalist and chiropractor with a busy practice in Pennsylvania. For more than 20 years she has helped her patients working with plant medicine and natural methods to restore well-being on all levels. She believes passionately in sustainable living and integrates "green" methods in every aspect of her practice and life. A teacher at heart, she has offered many workshops and

classes locally, online and as a featured teacher at the New England Women's Herbal Conference. She is the founder and organizer of the MidAtlantic Women's Herbal Conference, an event held in Pennsylvania that supports women in the region interested in sustainable health and living. Carrying the spirit of MidAtlantic Women's Conference throughout the year, she developed an online forum, GingerJuice, where women can gather, make connections about sustainable health and where learning continues with Charis and many guest teachers.



Chris Hobbs, PhD

Dr. Hobbs earned his PhD at UC Berkley. He is also a licensed acupuncturist, herbal clinician, research scientist, expert witness, botanist, mycologist with over 35 years of experience. He is the author of over 20 books and has taught at universities and medical schools such as Stanford Medical School, Yale Medical School, Bastyr University and the National College of Naturopathic Medicine. He taught classes for six years at the University of California, Berkeley as a Ph.D. graduate student in evolutionary biology, phylogenetics, plant chemistry, and ethnobotany.



Michael Friedman, ND

Dr. Friedman is a former adjunct instructor of endocrinology at the University of Bridgeport in Connecticut and is the author of the medical textbook Fundamentals of Naturopathic Endocrinology. His research on the use of thyroid hormones has been published by the University Puerto Rico Medical School. Dr. Friedman has lectured at three naturopathic and allopathic medical schools including NCNM, UB, CCNM and at the Dehradun Medical School of Physicians and Surgeons in India. He is currently the Executive Director of the non-profit Association for the Advancement of Restorative Medicine (AARM).

