

50 Years of Herbal Wisdom:

*Celebrating the Legacy
of Wild Rose College*



WILD ROSE
College of Herbal Medicine



*A special edition to celebrate
50 years of herbal education.*



Table of Contents

1974–1984: Foundations and Growth	4	Cannabis	33
Wild Rose	5	Absinthe	34
Plantain	6	Sweet Annie	35
Dandelion	7	Goldenseal	36
Hawthorn	8		
Cayenne	9	2004–2014: Transition to	
Black Cohosh	10	Online Learning	37
Chamomile	11	Rosemary	38
Echinacea	12	Fennel	39
Calamus root	13	Lobelia	40
White Willow	14	Meadowsweet	41
		Bayberry	42
1984–1994: Expansion and Collaboration ...	15	Milk Thistle	43
Yarrow	16	Red Raspberry	44
Burdock	17	Damiana	45
Uva Ursi	18	White Oak	46
Mullein	19	St John’s Wort	47
Thyme	20		
Nettle	21	2014–2024: Modernization	
Calendula	22	and Community Building	48
Comfrey	23	Arnica	49
Horsetail	24	Jamaica Dogwood	50
Prickly Ash	25	Skullcap	51
		Self Heal	52
1994–2004: Integration and Innovation	26	Ginkgo	53
Reishi Mushroom	27	Catnip	54
Valerian	28	Blessed Thistle	55
Marshmallow	29	Devil’s Club	56
California Poppy	30	Siberian Ginseng	57
Red Clover	31	Kava	58
Maitake	32		
		A Message from Our Director	59



50 Years of Herbal Wisdom:

*Celebrating the Legacy
of Wild Rose College*

For half a century, Wild Rose College has stood at the forefront of herbal education, inspiring generations to connect with the healing power of plants. It all began in 1973 when visionary herbalist Terry Willard started offering herb walks and wilderness survival courses in Southern Alberta. These grassroots efforts blossomed into workshops on Herbology and Iridology, and by 1976, the Wild Rose herbal product line was born—laying the foundation for the college's enduring commitment to natural health.

The 1980s and 1990s brought incredible growth. A vibrant holistic healing clinic opened in Calgary, and a second campus emerged in Vancouver, housed in the storied Yugoslavian Embassy building. During this time, partnerships with Indigenous communities deepened the college's mission, empowering students through subsidized programs that blended traditional knowledge with formal herbal education.

As the digital era took root, Wild Rose College evolved, becoming a trailblazer in online learning. By 2013, its flagship programs—including the Practical Herbalist Diploma, Master Herbalist, and Clinical Herbalist—were fully adapted for digital delivery, making high-quality herbal education accessible worldwide.

In 2015, a new chapter began as Yarrow Willard, son of the founder, stepped into leadership. With a fresh vision, Yarrow modernized the curriculum and launched the Wild Rose Herbal Village in 2018—a thriving online community offering webinars, tutorials, and opportunities to connect with fellow herbalists. The reintroduction of the Clinical Herbalist Apprenticeship Program in 2019, followed by innovative online clinical training in 2022, further reinforced the college's role as a leader in practical herbal education.

Wild Rose College's mission has remained steadfast: to make herbal medicine accessible to all while fostering a learning environment that celebrates diversity, inclusivity, and the wisdom of traditional knowledge systems.



1974–1984:

Foundations and Growth

The seeds of Wild Rose College were planted in 1973 when Terry Willard, together with visionary educators and Indigenous knowledge keepers, began leading herb walks and wilderness survival courses across Southern Alberta. By 1975, these grassroots gatherings blossomed into formal workshops in Herbology and Iridology, held in cozy rented spaces in Calgary. The momentum grew, and in 1976, the Wild Rose herbal product line was born—signalling the college’s unwavering commitment to empowering people with herbal knowledge and fostering a deeper connection to natural health.



Wild Rose

(*Rosa spp.*)

Family: Rosaceae

Common Names: Wild Rose

Wild rose is more than just a pretty flower. With its delicate blooms and vibrant energy, it has been cherished for centuries as a symbol of love and healing. Packed with nutrients and medicinal properties, this plant offers a versatile range of health benefits.

KEY USES AND BENEFITS

Emotional Resilience: Known to soothe grief, uplift the spirit, and balance emotions.

Digestive Support: Aids in digestion and relieves symptoms like bloating and mild diarrhea.

Immune Boost: Rose hips, rich in Vitamin C, strengthen immunity and combat colds.

Skin Nourishment: Promotes healing of wounds, soothes inflammation, and enhances skin health.

FROM TRADITION TO MODERN APPLICATIONS

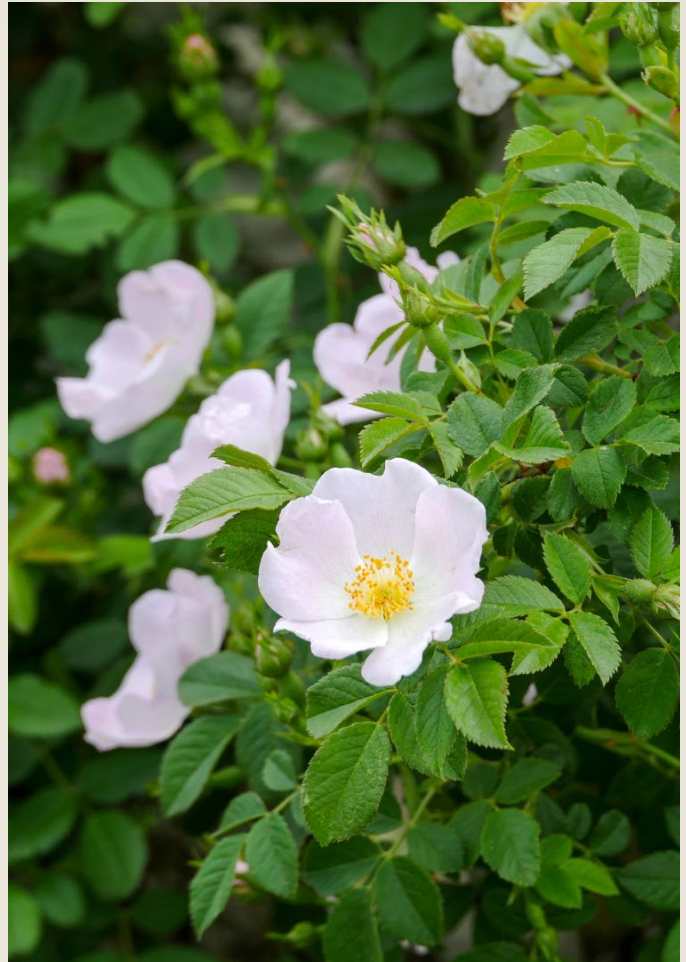
Wild rose has been celebrated in folklore as a protector of the heart—both physically and emotionally. Indigenous peoples often used the petals and hips in teas for their calming effects and as a source of nutrients during harsh winters. Today, wild rose is a staple in herbal wellness. Its petals are used in skincare for their anti-inflammatory properties, while its hips are prized for creating immune-boosting syrups, teas, and tinctures. Its essence is also incorporated into flower remedies for emotional healing.

HOW TO USE WILD ROSE

Tea: Steep dried rose petals or hips in hot water for 10 minutes. Enjoy to soothe the heart and support digestion.

Tincture: Use 1-2 mL of rose tincture in water for emotional balance or to ease digestive discomfort.

Salve: Blend infused rose oil with beeswax to create a soothing salve for dry or irritated skin.



Syrup: Simmer rose hips with honey and water to craft a Vitamin C-rich syrup for immune support.

FUN FACT

The wild rose is deeply woven into the history of Wild Rose College. Founder Terry Willard often recounts how the vibrant energy of the Wild Rose inspired the college's mission to balance body, mind, and spirit. Legend has it that during his first herbal foray in the Rockies, Terry stumbled upon a wild rose bush and felt its energy "singing" with the wisdom of traditional healing. This profound connection gave the college its name and its heart-centred approach to herbal medicine.

Plantain

(*Plantago major* and
Plantago lanceolata)

Family: Plantaginaceae

Common Names: Plantain, Broad-leaved Plantain, Ripple Grass, Waybread, Weybroed, Waybroad, Snakeweed, Cuckoo's Bread, Englishman's Foot, White Man's Foot

KEY USES AND BENEFITS

Plantain is a staple herb in natural medicine, known for its powerful healing abilities:

Wound Healing: A natural anti-inflammatory and antimicrobial, plantain promotes rapid healing for cuts, bruises, bites, and stings.

Digestive Health: Soothes the mucous membranes, making it effective for ulcers, colitis, and other digestive issues.

Respiratory Support: Acts as a mild expectorant and helps clear mucus from the respiratory tract.

Detoxification: Supports kidney function and gently detoxifies the body.

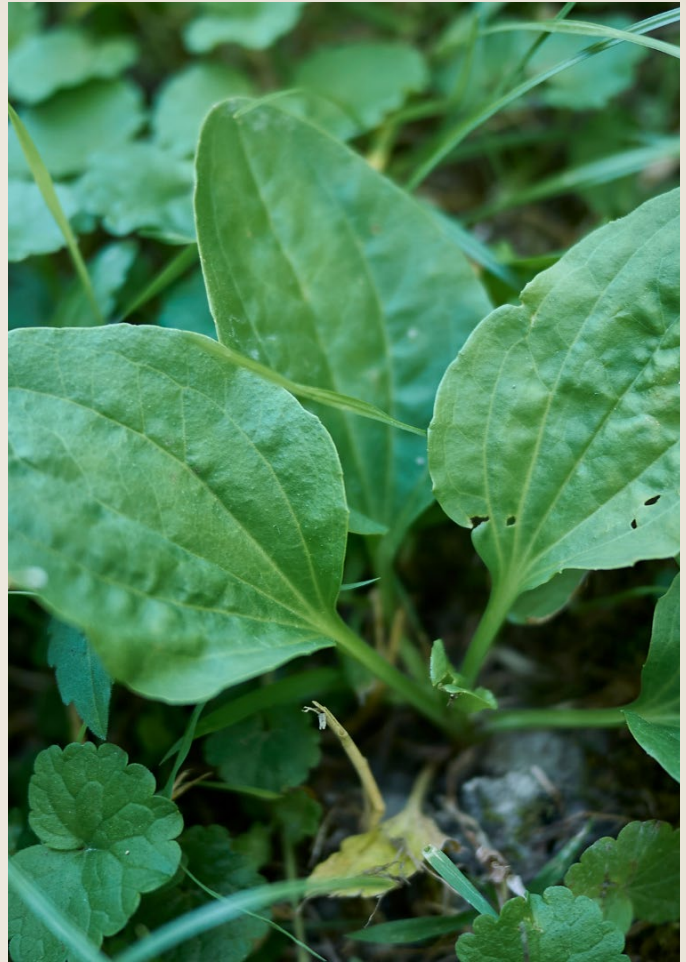
TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Plantain has been used by Indigenous peoples for generations to treat snake bites, wounds, and insect stings. It was revered in medieval Europe as a cure-all, with a nickname "Waybread" for its prevalence along paths and trails.

Modern Applications: Today, plantain remains a go-to remedy for both topical and internal use, included in first-aid kits and herbal formulas for its gentle yet effective healing properties.

HOW TO USE PLANTAIN

Tea: Steep 1-2 teaspoons of dried leaves in boiling water for 10 minutes. Drink 1-3 cups daily to soothe digestion or support the respiratory system.



Poultice: Crush fresh plantain leaves and apply them directly to wounds or insect bites to reduce swelling and promote healing.

Salve: Use a plantain-infused salve to calm irritated skin or treat minor burns and rashes.

FUN FACT: THE RESILIENT "FOOTPRINT HERB"

Plantain earned the nickname "White Man's Footprint" as it spread prolifically along trails wherever European settlers traveled. Its adaptability and tenacity mirror its therapeutic qualities, a fact cherished by herbalists at Wild Rose College, where plantain is often studied for its diverse applications.

Dandelion

(*Taraxacum officinale*)

Family: Asteraceae

Common Names: Priest's Crown, Swine's Snout, Dudal, Herba Taraxaci, Lion's Tooth, Pissenlit, Priest's Crown, Pu Gong Ying, Swine Snout, Taraxaci herba

KEY USES AND BENEFITS

Often dismissed as a weed, dandelion is a powerful herb known for its detoxifying, diuretic, and digestive properties. Its roots and leaves support liver and kidney health, promote digestion, and help manage water retention. Rich in vitamins and minerals, dandelion is also a nourishing herb for overall vitality.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditionally, dandelion has been used for centuries in folk medicine as a tonic for liver health and to purify the blood. It was a go-to remedy for digestive discomfort and a trusted spring cleanse. Modern herbalists continue to champion dandelion for its role in supporting detoxification and digestion, often incorporating it into teas, tinctures, and skin care routines.

HOW TO USE DANDELION

Tea: Steep dried dandelion leaves or roasted root in hot water for a detoxifying tea. Perfect for gentle cleansing or after a heavy meal.



Tincture: Take a few drops of dandelion tincture diluted in water to support liver and kidney health.

Salve: Use dandelion flower-infused oil as the base for a soothing salve that can ease sore muscles and hydrate dry skin.

FUN FACT

In a Wild Rose College herb walk, founder Terry Willard encouraged students to rethink the “humble weed.” He explained how early settlers valued dandelion so highly for its medicinal and nutritional uses that they intentionally brought it to North America. Every part of the plant—from its root to its flower—offers unique benefits, making it one of nature’s most versatile gifts.

Discover the Foundations of Herbal Medicine

The Practical Herbalist Diploma Program is where it all begins. Explore 11 comprehensive courses covering everything from herbal preparations and plant identification to the science of botany, body systems, and holistic healing approaches. Learn how to:

- Create remedies like tinctures, salves, and syrups
- Use herbs to support digestion, immunity, and emotional health
- Understand herbal energetics and traditional healing systems
- Blend modern science with ancestral wisdom

With flexible, self-paced learning, live mentorship, and access to our Herbal Village, this program equips you to confidently support your community as a trusted herbalist.

[Learn more and start your herbal journey today.](#)

Hawthorn

(*Crataegus oxyacantha*
or *C. laevigata*)

Family: Rosaceae

Common Names: Hawthorn, Mayblossom, Whitethorn, Haw

KEY USES AND BENEFITS

Hawthorn is a revered herb for its profound effects on the heart and circulation:

Cardiovascular Health: Strengthens heart function, improves coronary circulation, and helps manage blood pressure.

Antioxidant Power: Protects the heart by reducing oxidative stress and supporting arterial health.

Digestive Aid: Historically used to improve digestion and support lipid metabolism.

Emotional Support: Known as a “broken heart” remedy, it soothes anxiety and emotional stress.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Hawthorn was sacred to the Celts and associated with the festival of Beltane, symbolizing fertility and protection. In medieval Europe, its berries were used alongside meats to aid digestion.

Modern Applications: Today, hawthorn is widely used for its cardiovascular benefits, as well as for supporting emotional well-being and managing stress

HOW TO USE HAWTHORN

Tea: Infuse 1-2 teaspoons of dried flowers, leaves, or berries in hot water for 10 minutes. Drink 1-3 cups daily to support heart health.

Tincture: Take 1-5 mL of a hawthorn tincture (1:2 fresh plant, 95% alcohol) up to three times daily for cardiovascular or emotional support.

Capsules: Use a standardized extract (160-900 mg daily) containing 2.2% flavonoids for consistent dosing.



FUN FACT: FROM FAERIES TO MODERN MEDICINE

Hawthorn has a magical legacy in Celtic traditions, believed to be a portal to the realm of faeries. Its association with protection evolved into its use as a talisman for heart health. Hawthorn is celebrated for bridging ancient lore with scientific validation, symbolizing both physical and emotional resilience.

Deepen Your Understanding of Cardiovascular Health

Curious about hawthorn’s role in heart health? *Dwelling in the Heart: Cardiovascular Function and Botanical Medicine* is an advanced course that explores the connection between cardiovascular wellness and herbal medicine. Gain insights into key conditions like hypertension and atherosclerosis, and learn holistic approaches rooted in both Western herbalism and Traditional Chinese Medicine.

[Learn more and enroll today!](#)

Cayenne

(*Capsicum annuum*)

Family: Solanaceae

Common Names: Chili, Chile, Chillies, Chili Pepper, Red Pepper, Red Chili, Tabasco Pepper, African Pepper, Bird Pepper

KEY USES AND BENEFITS

Cayenne is a dynamic herb celebrated for its heating and stimulating properties:

Circulation Support: Enhances blood flow, strengthens the heart, and improves peripheral circulation.

Pain Relief: Effective in treating muscle aches, arthritis, and nerve pain when used topically.

Digestive Health: Stimulates digestion, alleviates gas, and supports healthy metabolism.

Immune Booster: Aids in combating colds and respiratory issues through its warming action.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Indigenous peoples of the Americas have used cayenne for centuries as a remedy for digestive and respiratory ailments. Introduced to Europe in the 16th century, it quickly gained popularity in both culinary and medicinal contexts.

Modern Applications: Today, cayenne is employed in clinical herbalism for cardiovascular health, pain management, and as a metabolic stimulant. It is also a common ingredient in topical creams for arthritis and neuralgia.

HOW TO USE CAYENNE:

Tea: Mix a pinch of cayenne powder in warm water or herbal tea to stimulate circulation and relieve cold symptoms.

Tincture: Take 3-10 drops diluted in water for improved digestion and circulation.

Salve: Apply a cayenne-infused salve to sore muscles or arthritic joints to reduce pain and inflammation.



FUN FACT: A UNIVERSAL HEAT MEASURE

Cayenne peppers are measured by Scoville Heat Units (SHU), a scale developed in 1912 to quantify their pungency. Cayenne's dual roles as a culinary spice and a potent herbal remedy, bridge the gap between tradition and modern medicine.

Black Cohosh

(*Actaea racemosa*)

Family: Ranunculaceae

Synonyms: *Cimicifuga racemosa*, *Macrotys racemosa*

Common Names: Black Cohosh, Black Snakeroot, Rattleroot, Rattleweed

KEY USES AND BENEFITS

Black cohosh is a powerful herb with a rich history of therapeutic applications:

Hormonal Balance: Eases menopausal symptoms like hot flashes, mood swings, and night sweats, offering a natural alternative to hormone replacement therapy (HRT).

Muscle Relaxant: Relieves muscle pain, spasms, and tension, particularly in the back and neck.

Reproductive Health: Supports menstrual health, alleviating cramps and regulating cycles.

Anti-inflammatory: Reduces inflammation, making it beneficial for arthritis and other joint conditions.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Indigenous peoples used black cohosh to treat snake bites, fevers, and female reproductive issues. Early European settlers adopted it for bronchitis, nerve disorders, and childbirth support.

Modern Applications: Black cohosh is now widely recognized for its ability to support women's hormonal health, particularly during menopause. It is also used in formulas for joint health and nervous system support.

HOW TO USE BLACK COHOSH:

Tea: Simmer 1 teaspoon of dried root in 1 cup of water for 15 minutes. Drink 1-2 cups daily to ease menstrual or menopausal discomfort.

Tincture: Take 10-20 drops diluted in water, up to three times daily, for muscle relaxation or hormonal support.

Capsules: Use standardized extracts (20-40 mg/day) for consistent relief from menopausal symptoms.



FUN FACT: THE "RATTLESNAKE ROOT"

Black cohosh was called "Rattlesnake Root" by Native Americans, who believed it could cure rattlesnake bites. This fascinating history inspires exploration of its modern uses, linking ancient wisdom with contemporary science.

Chamomile

(*Matricaria recutita*)

Family: Asteraceae

Common Names: German Chamomile, Manzanilla, Maythen, Allemande, Echte Kamille, Feldkamille, Pin Heads

KEY USES AND BENEFITS

German chamomile is renowned for its calming and anti-inflammatory properties. It's a trusted remedy for soothing digestive discomfort, promoting restful sleep, and calming irritated skin. With its mild yet effective actions, this herb is a go-to for stress relief, relaxation, and gentle care for the whole family.

TRADITIONAL USES VS. MODERN APPLICATIONS

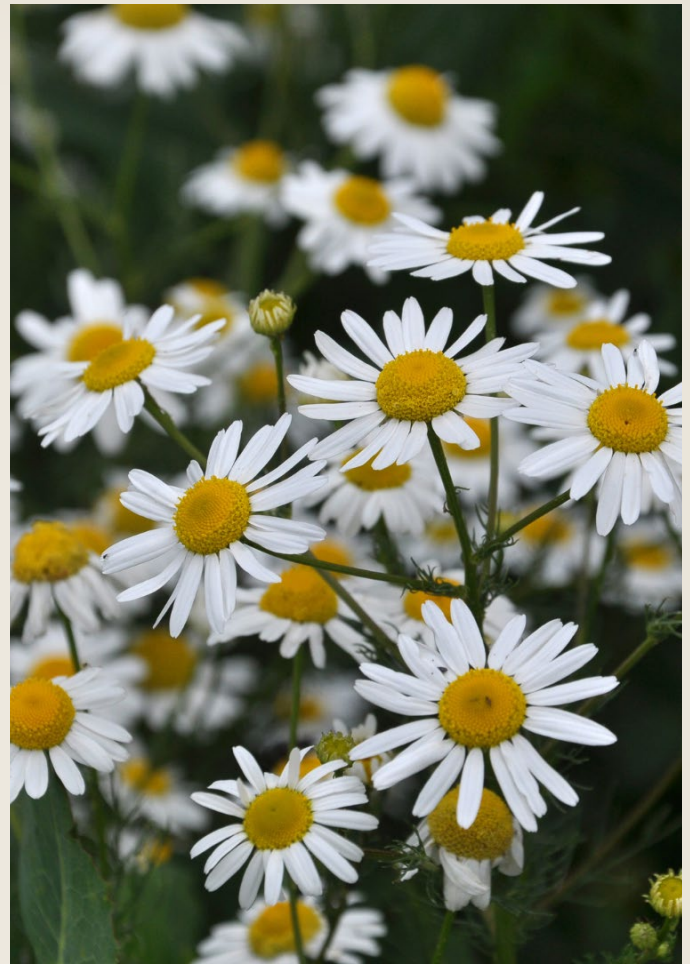
Historically, German chamomile was considered a sacred herb by ancient Egyptians, who valued it for its ability to calm inflammation and fever. Throughout Europe, it was widely used for digestive health and as a calming agent for children. Today, its versatility extends into modern herbalism, aromatherapy, and skincare, where it continues to be celebrated for reducing stress, improving sleep, and addressing skin sensitivities.

HOW TO USE CHAMOMILE

Tea: Steep 1-2 teaspoons of dried German chamomile flowers in hot water for 5-10 minutes. Enjoy before bed to promote relaxation and improve sleep quality.

Tincture: Add a few drops of chamomile tincture to water to ease digestive discomfort or calm anxiety on the go.

Salve: Combine chamomile-infused oil with beeswax to create a soothing salve for irritated skin or mild burns.



FUN FACT

During a Wild Rose College course on foundational herbs, a student once noted chamomile's resilience, marveling at its ability to thrive in harsh environments. Founder Terry Willard shared how chamomile's nickname, "The Plant's Physician," arose because planting it near ailing plants was believed to revive their health—just as chamomile revives ours through its calming and healing properties.

Echinacea

*(Echinacea purpurea,
E. angustifolia)*

Family: Asteraceae

Common Names: Echinacea, Purple Cone Flower, Narrow-leaved Coneflower, American Cone Flower, Black Sampson, Black Susans

KEY USES AND BENEFITS

Echinacea is a superstar in herbal medicine, celebrated for its immune-enhancing and anti-inflammatory properties. It supports the body's defenses against colds and infections, aids in wound healing, and helps manage inflammation. Whether for prevention or recovery, echinacea is a trusted ally for overall wellness.

TRADITIONAL USES VS. MODERN APPLICATIONS

Echinacea was revered by Indigenous people for its ability to treat infections, snake bites, and wounds. It became a staple in early American herbal medicine, used widely before the advent of antibiotics. Today, modern research confirms its role in supporting the immune system, making it a go-to remedy for cold and flu season, as well as for managing skin irritations and inflammation.

HOW TO USE ECHINACEA

Tea: Steep 1 teaspoon of dried echinacea root or flowers in hot water for 10-15 minutes. Drink at the onset of cold symptoms or during recovery.

Tincture: Take a few drops of echinacea tincture in water to boost immunity or soothe a sore throat.

Salve: Mix echinacea-infused oil with beeswax to create a healing salve for cuts, scrapes, or insect bites.



FUN FACT

During a Wild Rose College herbal case study roundtable, a student shared their success using echinacea tincture to support recovery from recurring colds. Founder Terry Willard highlighted how echinacea, with its historical roots in Indigenous medicine, has maintained its relevance as one of the most researched and widely used herbs for immune health.

Calamus root

(*Acorus calamus*)

Family: Acoraceae

Common Names: Calamus root, sweet flag

KEY USES AND BENEFITS

Calamus root, also known as “sweet flag,” is a powerful herb with a long history of use in supporting digestion, calming the nervous system, and enhancing mental clarity. Known for its carminative and anti-spasmodic properties, it is used to ease gastrointestinal discomfort, improve focus, and promote relaxation. Calamus is also an ally for respiratory health, helping to clear congestion and soothe the throat.

TRADITIONAL USES VS. MODERN APPLICATIONS

For centuries, calamus root has been revered in Ayurvedic and Indigenous traditions as a tonic for the mind and body. It was commonly chewed to aid digestion, enhance memory, and improve vocal clarity. Modern herbalists continue to value calamus for its digestive and calming properties, while its essential oil finds a place in aromatherapy to balance the mind and promote relaxation.

HOW TO USE CALAMUS ROOT

Tea: Simmer 1 teaspoon of dried calamus root in water for 10-15 minutes. Sip slowly to soothe digestive discomfort or calm nerves.

Tincture: Add a few drops of calamus tincture to water to promote mental focus or address nausea.

Aromatic Steam: Add a handful of dried calamus root to hot water and inhale the steam to clear nasal passages and promote respiratory wellness.



FUN FACT

At Wild Rose College, calamus root has often been highlighted as a “herbal multitasker.” Founder Terry Willard once shared how the herb was traditionally carried by singers and orators to improve voice quality and clarity before performances. Its sweet and earthy aroma is not only therapeutic but also deeply symbolic of wisdom and communication.

White Willow

(Salix alba)

Family: Salicaceae

Common Names: White willow, willow

KEY USES AND BENEFITS

White willow is a revered herb, often called the precursor to modern aspirin:

Pain Relief: Alleviates headaches, joint pain, and menstrual cramps through its salicin content.

Anti-inflammatory: Eases symptoms of arthritis, gout, and other inflammatory conditions.

Fever Reduction: Acts as a natural antipyretic to lower fevers.

Astringent and Tonic: Supports mucous membrane health, digestive function, and circulation.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: For centuries, white willow was used in Europe and Asia to treat fevers, pain, and inflammatory conditions. Indigenous people used it for venereal disease, bruises, and headaches.

Modern Applications: Today, white willow bark is a popular natural alternative to synthetic aspirin, valued for its pain-relieving and anti-inflammatory properties without the gastrointestinal side effects of acetylsalicylic acid.

HOW TO USE WHITE WILLOW

Tea: Simmer 1-2 teaspoons of dried bark in water for 10-15 minutes. Drink 1-2 cups daily to reduce pain or inflammation.

Tincture: Take 1-5 mL of tincture (1:5 ratio) up to three times daily for joint or muscular discomfort.



Salve: Use a white willow-infused salve on sore muscles or joints to relieve inflammation.

FUN FACT: ASPIRIN'S HERBAL ANCESTOR

In 1838, salicin, a key compound in white willow, was isolated and later synthesized into aspirin. During World War II, willow bark was used to produce salicylic acid as a raw material for medicines. This humble tree has bridged traditional herbalism and modern pharmaceutical science.

“This planet grows herbalists”

— Dr. Terry Willard

1984–1994:

Expansion and Collaboration

The late 1980s marked an exciting era of growth for Wild Rose College. A vibrant brick-and-mortar clinic opened its doors in Calgary’s Elbow Park, quickly becoming a bustling hub for holistic healing and community connection.

By 1986, the college expanded westward to Vancouver, setting up a dynamic new campus in the storied former Yugoslavian Embassy building. This decade was also defined by meaningful collaborations with Indigenous communities, including a groundbreaking partnership with Indigenous Affairs. Together, they launched a scholarship program that empowered many Indigenous students to explore herbalism through a flexible blend of in-person and correspondence courses, ensuring the wisdom of plant medicine reached even more communities.

Yarrow

(Achillea millefolium)

Family: Asteraceae (Compositae)

Common Names: Milfoil, Soldier's Woundwort, Nosebleed, Staunchgrass, Thousand-leaf, Bloodwort, Noble Yarrow, Angel Flower, Devil's Nettle

KEY USES AND BENEFITS

Yarrow, the master of blood and fever, is a powerful ally in herbal medicine. It helps stop bleeding, reduces inflammation, and promotes circulation. Its diaphoretic properties make it ideal for fevers, while its digestive benefits include stimulating bile and alleviating colitis. For women's health, yarrow regulates menstrual cycles and soothes cramping.

TRADITIONAL USES VS. MODERN APPLICATIONS

Yarrow's association with healing dates back to ancient Greece, where the hero Achilles was said to have used it to treat battlefield wounds, earning it the name "warrior's herb." Indigenous medicine recognizes yarrow for its ability to stop bleeding and reduce fevers, uses that continue in many communities today. Modern herbalists value yarrow for its hemostatic and diaphoretic properties, incorporating it into remedies for women's health and circulatory support.

HOW TO USE YARROW

Tea: Steep 1 teaspoon of dried yarrow in boiling water for 10 minutes. Use for fevers or digestive support.

Tincture: Take 5–20 drops for regulating circulation or relieving cramps.

Poultice: Apply fresh leaves directly to cuts or bruises to stop bleeding and reduce swelling.



Bath: Add yarrow tea to your bath to support varicose veins or muscle recovery.

FUN FACT:

WRC founder Terry Willard named his son after yarrow, reflecting its profound influence as a symbol of healing and resilience. He also highlights the story of Achilles and Chiron, emphasizing yarrow's role as the herb of the wounded warrior and healer.

Burdock

(Arctium lappa)

Family: Asteraceae (Compositae)

Common Names: Beggar's Buttons, Turkey Burrseed, Great Burdock, Hardock, Love Leaves, Niu Bang Zi

KEY USES AND BENEFITS

Burdock is a deeply cleansing herb, valued for its ability to detoxify the blood, support skin health, and aid digestion. Its anti-inflammatory and antimicrobial properties make it useful for chronic skin conditions, while its role in regulating blood sugar and enhancing liver function further solidifies its place in herbal medicine.

TRADITIONAL USES VS. MODERN APPLICATIONS

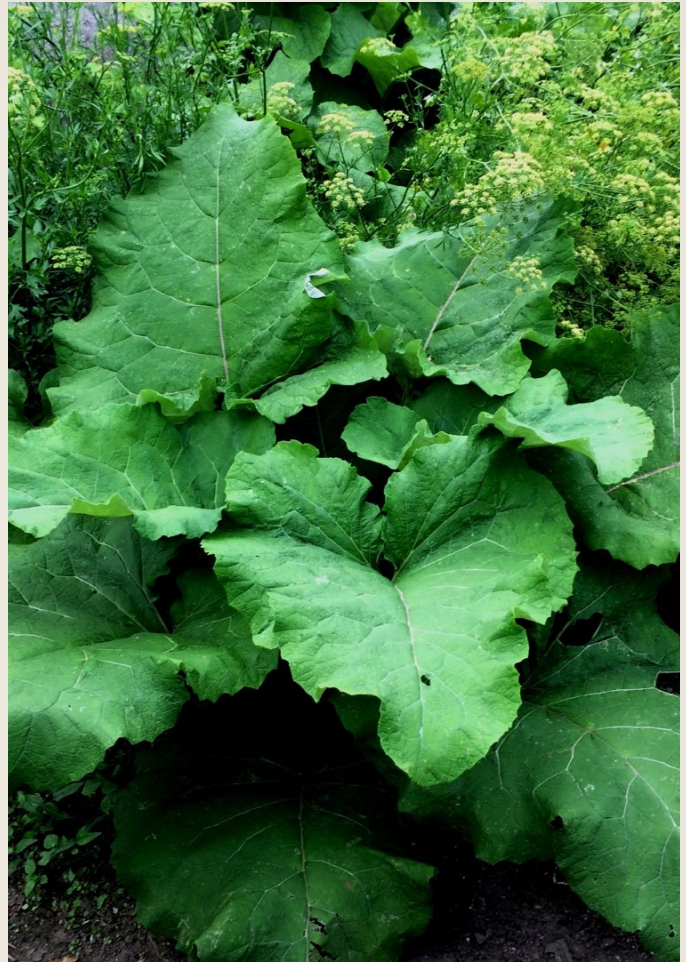
Burdock has long been used in Chinese medicine for colds, sore throats, and abscesses, while European herbalists prized it for skin ulcers and fevers. Indigenous peoples applied it to treat skin sores and as a memory aid. Today, burdock is renowned as a blood purifier and for its effectiveness in managing skin conditions like eczema and acne.

HOW TO USE BURDOCK

Tea: Simmer 1 teaspoon of dried root in water for 15 minutes and enjoy as a detoxifying drink.

Tincture: Take 10–30 drops to support skin and liver health.

Poultice: Apply crushed fresh leaves to burns or sores for soothing relief.



FUN FACT

At Wild Rose College, burdock is affectionately known as the “bear herb,” reflecting its Greek name *Arctium*, which means “bear.” Terry Willard often shares stories of its transformative power to help individuals face their inner challenges.

Uva Ursi

(*Arctostaphylos uva-ursi*)

Family: Ericaceae

Common Names: Bearberry, Kinnikinnick, Mountain Cranberry, Hogberry, Raisin D'Ours

KEY USES AND BENEFITS

Uva ursi is a renowned urinary antiseptic and diuretic. Its active constituent, arbutin, converts into hydroquinone in alkaline urine, helping to treat urinary tract infections (UTIs) by reducing bacterial growth and soothing inflamed tissues. Additionally, it tones mucous membranes, addresses bladder and kidney issues, and can calm chronic diarrhea.

TRADITIONAL USES VS. MODERN APPLICATIONS

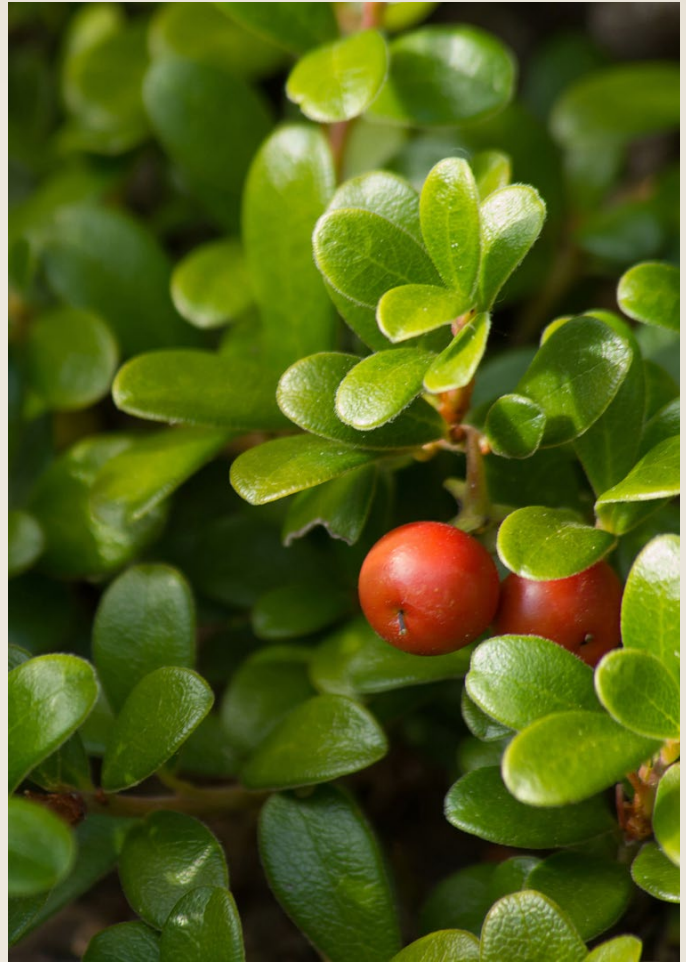
Indigenous tribes across North America use uva ursi as a remedy for kidney and bladder issues, as well as a general tonic. In Europe, it was praised for its antiseptic and diuretic properties, particularly for urinary disorders. Today, uva ursi continues to be a staple in herbal medicine for UTIs and bladder inflammation. Modern research highlights its antimicrobial effects and ability to reduce the recurrence of urinary infections when combined with other herbs like dandelion.

HOW TO USE UVA URSI

Tea: Steep 1 teaspoon of dried leaves in hot water for 10 minutes. Drink for urinary support.

Tincture: Take 10–20 drops diluted in water to address UTIs.

Poultice: Apply mashed fresh leaves to soothe irritated skin or sores.



FUN FACT

At Wild Rose College, uva ursi's role as a urinary cleanser is highlighted with its nickname "Bearberry," derived from bears' love for its berries. Terry Willard often points out that its use in Indigenous medicine has inspired much of its current applications in herbal practice.

Mullein

(*Verbascum thapsus*)

Family: Scrophulariaceae

Common Names: Great Mullein, Aaron's Rod, Jupiter's Staff, Blanket Herb, Old Man's Flannel, Candlewick Plant

KEY USES AND BENEFITS

Mullein is celebrated for its soothing properties, especially for respiratory health. It relieves dry, harsh coughs, supports bronchial function and soothes inflamed mucous membranes. Its flowers are widely used for earaches, while its leaves are known for their ability to reduce swelling and irritation.

TRADITIONAL USES VS. MODERN APPLICATIONS

Hippocrates, Dioscorides, and Culpepper all wrote about mullein's value for respiratory conditions, earaches, and gout. It was historically used for lamp wicks and ceremonial torches. Indigenous peoples value it for skin conditions, coughs, and as an ear oil. Today, mullein is commonly used for bronchitis, influenza, and ear infections. Research supports its antiviral properties against strains like herpes simplex and influenza. The flower oil is a staple for earaches, while the leaves and roots aid with respiratory and lymphatic issues.

HOW TO USE MULLEIN

Tea: Steep 1-3 teaspoons of dried leaves in hot water, strain thoroughly, and drink for respiratory relief.

Tincture: Take 10-40 drops for bronchial or respiratory support.

Oil: Use infused flower oil for earaches (4-6 drops in the affected ear).



Poultice: Apply mashed fresh leaves to wounds, boils, or inflamed areas.

FUN FACT

Mullein is often called "the healer's torch." Its tall flower spikes once served as ceremonial torches and even as wicks for lamps, symbolizing light and healing - a fitting metaphor for its role in supporting respiratory and ear health.

Thyme

(*Thymus vulgaris*)

Family: Lamiaceae

Common Names: Garden Thyme,
Common Thyme, Wild Thyme

KEY USES AND BENEFITS

Thyme is a versatile herb known for its antimicrobial, antispasmodic, and antioxidant properties. It supports respiratory health, digestion, and immunity while offering relief for coughs, sore throats, and bronchitis. Topically, it aids wound healing and treats fungal and bacterial infections.

TRADITIONAL VS. MODERN USES

Historically, thyme symbolized courage and strength, used by ancient Greeks for fumigation and protection, while medieval Europeans embroidered it on knights' scarves as a symbol of bravery. Its culinary and medicinal value spans centuries, especially in French cuisine. Today, thyme's essential oil is recognized for its potent antimicrobial properties, effective against bacteria, fungi, and viruses. It is widely used in respiratory remedies, digestive support, and immune-boosting preparations, with research supporting its role in bronchitis, cardiovascular health, and wound care.

HOW TO USE THYME

Infusion: Steep 1-2 teaspoons of dried herb in hot water for 10–15 minutes; drink for respiratory or digestive issues.

Tincture: Take 20-40 drops up to three times daily for bronchial or immune support.

Topical Use: Diluted thyme oil can be applied to wounds or used as a compress for muscle aches.

Steam Inhalation: Add a few drops of thyme oil to hot water for relief from sinus congestion.



As we celebrate the timeless benefits of mullein and thyme, their roles in soothing coughs, calming inflamed airways, and supporting overall respiratory function remind us of the incredible synergy between plants and wellness.

Unlock a deeper understanding of how herbal medicine can support your immune system and respiratory health with the Herbal Immunity and Breath of Life Applied Phytotherapeutics Bundle.

From the intricate anatomy of the lungs to the dynamic role of breath in vitality and healing, these advanced courses equip you with tools to integrate phytotherapy into your practice. Explore how herbs like thyme and mullein, alongside a wealth of botanical knowledge, can transform your approach to wellness.

[Learn more about the bundle and start breathing new life into your herbal practice today!](#)

FUN FACT
Thyme was a favourite of honeybees in ancient Greece, with the famous Hymettus honey near Athens sourced from thyme nectar.

Nettle

(*Urtica dioica*)

Family: Urticaceae

Common Names: Stinging Nettle,

Scaddie, Bichu, Urticae herba

KEY USES AND BENEFITS

Nettle is a powerful nutritive herb with applications in anemia, joint pain, kidney health, and seasonal allergies. It also serves as a tonic for the urinary and reproductive systems. Its rich nutritional profile supports overall vitality and well-being.

TRADITIONAL VS. MODERN USES

Nettle has long been celebrated as a textile fibre, food, and medicinal plant. Indigenous peoples in North America continue to use nettle as a spring tonic, incorporating its young leaves into soups and teas. Early settlers in Europe also valued nettle for these purposes and wove it into durable fabrics, famously used for German uniforms during WWII. Today, nettle remains a gentle detoxifier and mineral-rich tonic for kidneys, joints, and skin. Clinical research supports its role in managing benign prostatic hypertrophy (BPH), arthritis, and allergies.

HOW TO USE NETTLE

Infusion: Brew 1–2 teaspoons of dried nettle leaves in boiling water for 10–15 minutes; drink to support vitality or ease joint pain.

Tincture: Take 20–40 drops up to three times daily for inflammation or kidney support.

Topical Use: Apply fresh nettle poultices to arthritic joints to stimulate circulation and reduce pain.

Food: Cook young nettle leaves in soups or stews for a nutrient boost.



FUN FACT

Tibetan yogi Milarepa is said to have survived on nettle alone during long meditative retreats, turning his skin green from the plant's pigment.

Calendula

(Calendula officinalis)

Family: Asteraceae

Common Names: Marigold, Pot Marigold, Gold Bloom

KEY USES AND BENEFITS

Calendula, with its vibrant orange petals, is a botanical powerhouse for skin health and wound healing. Known for its anti-inflammatory and antimicrobial properties, it soothes irritated skin, aids in tissue repair, and promotes faster healing. Its gentle nature makes it a go-to for sensitive skin, burns, and pediatric care.

TRADITIONAL USES VS. MODERN APPLICATIONS

Calendula's bright flowers have been used historically in soups and broths as a remedy to "comfort the heart" and ward off infections. Ancient healers applied calendula to bullet wounds during wartime to prevent infection and gangrene. Today, it remains a staple in herbal medicine for wounds, burns, and eczema. Modern research highlights its efficacy in reducing inflammation and supporting skin regeneration, while calendula-infused skincare products are cherished for their soothing properties.

HOW TO USE CALENDULA

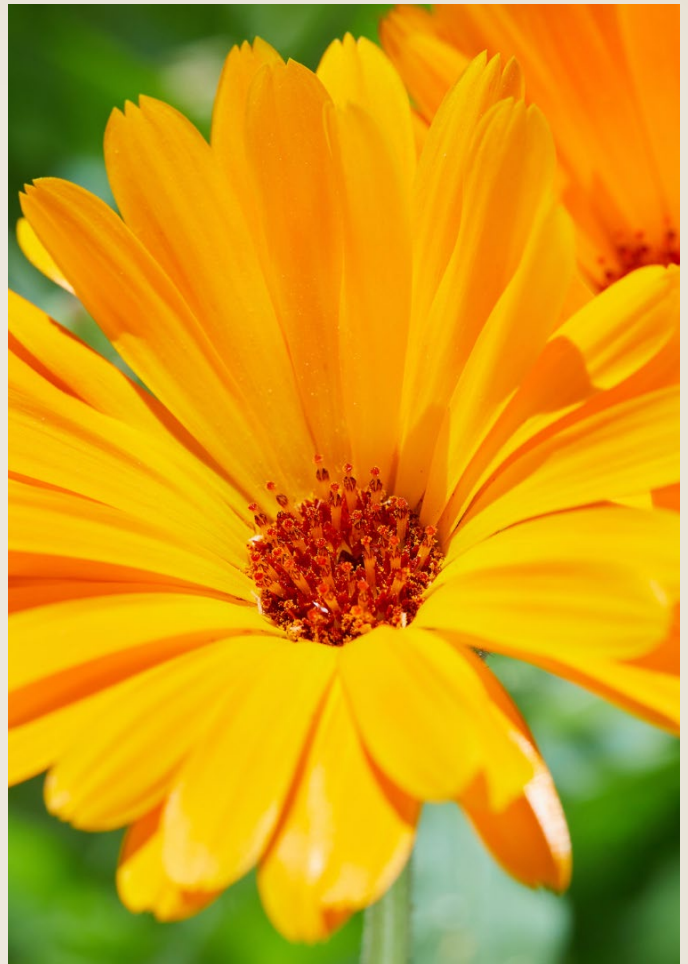
Infusion: Steep a teaspoon of dried petals in hot water for 5-10 minutes. Use as a gentle wash for irritated skin or as a drink for digestive support.

Tincture: Add a few drops of calendula tincture to water for lymphatic support and inflammation relief.

Salve: Combine calendula-infused oil with beeswax to create a soothing balm for burns, cuts, and rashes.

FUN FACT

Calendula is a favourite herb at Wild Rose College! Known for its versatility and gentle effectiveness, it shines in remedies for skin conditions. You'll find this sunny bloom celebrated across our Herbal Pharmacy Course, Western Materia Medica, Herbal Pregnancy and Childbirth curriculum and more - often featured in recipes and formulations.



Herbal Pharmacy: Create Your Own Lotions and Potions

Discover how to craft skin-healing salves, lip balms, nourishing teas, and more with our Herbal Pharmacy course, led by Clinical Herbalist Yarrow Willard. This hands-on online course gives you all the tools and techniques to confidently create your own herbal remedies.

[Learn more and start making your own remedies today!](#)

Comfrey

(Symphytum officinale)

Family: Boraginaceae

Common Names: Knitbone, Consound, Blackwort, Boneset, Bruisewort

KEY USES AND BENEFITS

Comfrey has long been celebrated for its unparalleled wound-healing abilities. Known as “knitbone,” it supports tissue repair, soothes inflammation, and promotes recovery from sprains, bruises, and broken bones. Its high allantoin content encourages cell regeneration, making it a favourite for injuries and ulcers when used topically.

TRADITIONAL USES VS. MODERN APPLICATIONS

Historically, comfrey was a trusted remedy for broken bones, burns, and wounds, earning its place as a household staple for external injuries. In traditional medicine, it was also consumed for respiratory and gastrointestinal conditions. Today, comfrey’s internal use is limited due to concerns over pyrrolizidine alkaloids (PAs), but it remains highly valued for external use in healing ointments, poultices, and salves.

HOW TO USE COMFREY

Poultice: Mash fresh comfrey root or leaves into a mucilaginous paste and apply to bruises or sprains for rapid relief.

Infusion: Steep dried leaves in hot water for 5–10 minutes; use as a wash for wounds or a gargle for throat irritation.

Ointment: Mix comfrey-infused oil with beeswax for a soothing balm to aid in tissue repair and joint pain relief.



FUN FACT

The name “comfrey” derives from the Latin *con firma*, meaning “with form,” reflecting its legendary ability to heal and unite broken bones. During wartime, comfrey poultices were essential in field medicine to treat wounds and accelerate healing. Its legacy endures as one of herbalism’s most powerful vulneraries.

Horsetail

(Equisetum arvense)

Family: Equisetaceae

Common Names: Field Horsetail, Snake Grass,
Scouring Weed, Shavegrass, Bottle Brush

KEY USES AND BENEFITS

Horsetail, one of the most ancient plants on Earth, is a powerhouse for supporting connective tissue, promoting urinary health, and encouraging skin, hair, and nail strength. Its high silica content makes it particularly effective for bone and joint support, while its diuretic and anti-inflammatory properties benefit the kidneys and bladder.

TRADITIONAL USES VS. MODERN APPLICATIONS

Historically, horsetail was valued as a natural “scouring tool” for cleaning metal and wood, as well as for addressing wounds, kidney issues, and weak nails. Today, it continues to shine as a mineral-rich remedy for urinary tract health, skin elasticity, and bone strength. Modern studies also highlight its antioxidant, antimicrobial, and anti-inflammatory properties, extending its use to hair and nail health, as well as wound care.

HOW TO USE HORSETAIL

Tea: Steep 1 tsp of dried horsetail in boiling water for 10 minutes to support urinary health or connective tissue.

Poultice: Apply a crushed fresh plant poultice to wounds or skin irritations for rapid healing.

Tincture: Take 5–20 drops of horsetail tincture for hair, nail, or bone support.



FUN FACT

Horsetail’s lineage dates back to the Carboniferous Period when its towering ancestors contributed to modern-day coal deposits. Its unique structure and ancient history continue to inspire herbalists, who often liken its silica-rich composition to the strength and resilience of bones and nails.

Prickly Ash

(*Zanthoxylum americanum*)

Family: Rutaceae

Common Names: Toothache Tree, Yellowwood, Hercules Club, Wild Orange

KEY USES AND BENEFITS

Prickly ash, often called the “Toothache Tree,” is a potent herbal remedy for stimulating circulation, soothing nerve pain, and relieving digestive discomfort. Its warming and tingling effects invigorate sluggish systems and offer relief for colds, flu, and arthritis.

TRADITIONAL USES VS. MODERN APPLICATIONS

Indigenous peoples have long chewed the bark or berries of prickly ash to ease toothaches and stimulate saliva, a practice also adopted by settlers in the past. In Chinese and Ayurvedic medicine, related species are still used for digestive health and circulation. Today, prickly ash is valued for its capillary-stimulating properties, making it effective for conditions like Raynaud’s disease, neuralgia, and sluggish digestion.

HOW TO USE PRICKLY ASH

Tea: Steep 1 tsp of bark in boiling water for 10 minutes to support digestion and circulation.


Tincture: Take 5-30 drops of tincture for nerve pain or cold extremities.

Poultice: Apply ground bark to painful joints for arthritis relief.



FUN FACT

Did you know prickly ash was featured in Wild Rose College’s Herbal Village single herb deep dive series? Instructor Tamara Segal, RH, shared how this herb stimulates circulation and supports vitality with its warming properties.



*“Use the whole herb and nothing but
the herb so help you herbalist.”*

— Dr. Terry Willard

1994–2004:
Integration and Innovation

The 1990s were a transformative time for Wild Rose College. The Wild Rose Clinic flourished into Western Canada’s largest integrated holistic healing center, creating a dynamic space where experts in Traditional Chinese Medicine, Ayurveda, and Western Herbalism came together to provide unparalleled care and knowledge. As the digital age began to bloom, the college embraced innovation by introducing online courses, opening doors to herbal education for students across the globe and ensuring the reach of plant wisdom extended farther than ever before.

Reishi Mushroom

(Ganoderma lucidum)

Family: Basidiomycetes

Common Names: Reishi, Lingzhi

KEY USES AND BENEFITS

Known as the “Mushroom of Immortality,” reishi is a celebrated adaptogen with a long history of supporting immune function, reducing stress, and enhancing overall vitality. Its benefits extend to cardiovascular health, liver support, and anti-inflammatory effects, making it a cornerstone in both traditional and modern herbal medicine.

TRADITIONAL USES VS. MODERN APPLICATIONS

Reishi has been revered in Chinese medicine for over 2,000 years, symbolizing longevity and spiritual potency. Traditionally, it was used to boost vitality, calm the mind, and support respiratory health. Today, its applications are backed by modern science, highlighting its immune-modulating, antioxidant, and adaptogenic properties. Herbalists and wellness enthusiasts use reishi to build resilience to stress and maintain long-term health.

HOW TO USE REISHI

Tea: Simmer dried reishi slices in water for 30-60 minutes. Enjoy daily as a tonic for immunity and stress reduction.

Tincture: Take a few drops of reishi tincture under the tongue or in water to support energy levels and immune function.



Powder: Add reishi powder to smoothies, soups, or coffee for a convenient way to integrate its benefits into your routine.

FUN FACT

At Wild Rose College, founder Terry Willard often spoke of reishi as a “teacher mushroom,” guiding individuals to greater balance and resilience. One student shared their experience of using reishi tea during exam season to stay focused and calm—a testament to its adaptogenic powers. Its status as a symbol of longevity aligns beautifully with the college’s mission to support lasting health through nature.

Explore the Power of Medicinal Mushrooms

Reishi, chaga, lion’s mane - discover the healing potential of these fungi and more in Introduction to Medicinal Mushrooms. Learn practical harvesting and preparation techniques, delve into their therapeutic benefits, and explore their rich history in natural medicine. This course is perfect for wellness enthusiasts and herbalists alike.

[Learn more and start your mushroom journey today!](#)

Valerian

(Valeriana officinalis)

Family: Caprifoliaceae (Valerianaceae)

Common Names: Setwell, Capon's Tail, All-heal

KEY USES AND BENEFITS

Valerian is a renowned herbal remedy for promoting relaxation, reducing stress, and supporting restful sleep. Known for its sedative and antispasmodic properties, valerian is often used to alleviate anxiety, calm nervous tension, and ease muscle cramps. It's a natural choice for anyone seeking balance and peace of mind.

TRADITIONAL USES VS. MODERN APPLICATIONS

Historically, valerian was used in ancient Greece and Rome to treat insomnia, digestive issues, and nervous disorders. It was even employed as a calming agent during wartime air raids in the 20th century. Today, valerian remains a staple in herbal medicine, widely recognized for its ability to support sleep and reduce stress without causing grogginess.

HOW TO USE VALERIAN

Tea: Steep 1 teaspoon of dried valerian root in hot water for 10-15 minutes. Drink 30 minutes before bedtime to promote restful sleep.

Tincture: Take a few drops diluted in water to reduce anxiety or ease menstrual cramps during the day.

Aromatic Compress: Add valerian tea to a cloth compress and apply to sore muscles for soothing relief.



FUN FACT

Valerian has often been celebrated as the “herbalist’s tranquillizer.” Founder Terry Willard shared a humorous anecdote about how valerian’s pungent aroma attracts cats, likening it to “nature’s catnip for stress relief.” While its smell may divide opinions, its calming effects are universally appreciated!

Marshmallow

(*Althea officinalis*)

Family: Malvaceae

Common Names: Mallards, mauls, schloss tea, cheese mortification root, guimauve, Racine De Guimauve, Sweet Weed, Wymote

KEY USES AND BENEFITS

Marshmallow, a gentle and versatile botanical, is celebrated for its ability to soothe and heal. Known for its rich mucilage content, this plant provides:

Respiratory Relief: Eases irritable coughs and soothes inflammation in the throat.

Digestive Support: Alleviates acid reflux, gastritis, and peptic ulcers.

Urinary Tract Care: Offers a cooling effect for cystitis and bladder irritation.

Skin Healing: Used externally in poultices to calm burns, sores, and swelling.

TRADITIONAL USES VS. MODERN APPLICATIONS

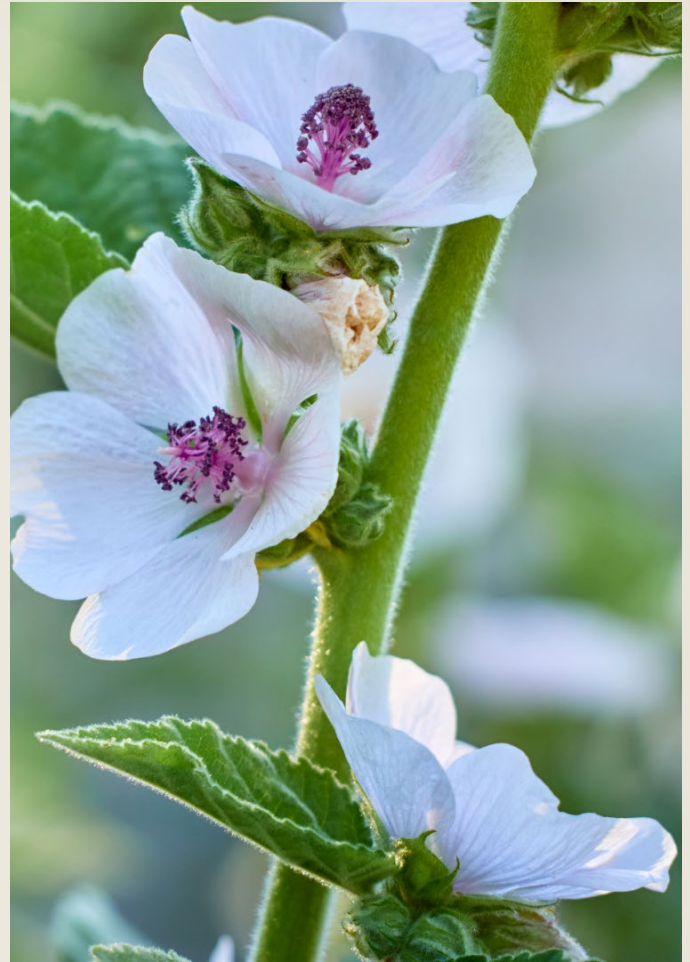
Historically, marshmallow was highly revered by ancient physicians such as Dioscorides and Culpepper for its healing properties. It was even a delicacy in Roman cuisine! Traditional practices focused on its use for inflammation and as a poultice for wounds, while modern herbalists embrace marshmallow in teas, tinctures, and syrups for its demulcent properties, supporting mucosal tissue in the respiratory, digestive, and urinary tracts.

HOW TO USE MARSHMALLOW

Tea: Steep 1–2 teaspoons of dried root in hot water for 10–15 minutes for a soothing drink.

Tincture: Take 5–15 mL of a 1:5 tincture (25% alcohol) as needed.

Salve or Poultice: Mix powdered root with warm water or milk to create a paste. Apply to skin for burns, sores, or swelling relief.



The name “marshmallow” is derived from the Greek word *althe*, meaning “to heal.” This plant has been an emblem of healing for centuries, and legend has it that Culpepper relied on it more than any other herb. At Wild Rose College, students often experiment with marshmallow-infused remedies, celebrating its historical significance while crafting innovative modern applications.

FUN FACT

Did you know the confection marshmallows were originally made using the mucilage from this plant’s roots? While today’s treats are a sugary deviation, the healing roots of this botanical have not been forgotten.

California Poppy

(Eschscholzia californica)

Family: Papaveraceae

Common Names: California poppy

KEY USES AND BENEFITS

California poppy, a vibrant orange flower and gentle botanical, is prized for its calming and restorative effects. Key benefits include:

Relaxation Support: Alleviates mild to moderate anxiety and restlessness.

Sleep Aid: Helps with insomnia and promotes restful sleep.

Natural Pain Relief: Eases discomfort from headaches, toothaches, and other aches.

Soothing Effects: Useful for intestinal colic and other nervous system-related conditions

TRADITIONAL USES VS. MODERN APPLICATIONS

California poppy has long been used by Indigenous peoples for its sedative and analgesic properties. While traditionally employed for pain relief and sleep issues, modern herbalists recognize its ability to support withdrawal from opioid addiction and ease nervous system ailments. Unlike its more potent relatives in the poppy family, California poppy offers non-addictive, gentle support for mental and physical well-being.

HOW TO USE CALIFORNIA POPPY

Tea: Steep 1–2 teaspoons of dried herb in hot water for 10–15 minutes for a calming drink.

Tincture: Take 10–60 drops of a 1:2 fresh plant tincture in 95% alcohol, adjusting the dose for relaxation or sleep.

Salve: Combine with soothing herbs like calendula to create a topical application for minor aches and pains.



FUN FACT

During fieldwork in California, Wild Rose College students often recount the story of Adelbert von Chamisso, the German botanist who named the genus after his friend and expedition physician Johann Friedrich Eschscholtz. This naming reflects not only camaraderie but also the interconnectedness of discovery and healing, much like the plant itself.

Did you know California poppy is the state flower of California? Its bright blooms have become a symbol of resilience and beauty, thriving across diverse landscapes from the Baja Peninsula to Washington State.

Red Clover

(*Trifolium pratense*)

Family: Fabaceae

Common Names: Red Clover, Cowgrass,
Peavine Clover, Purple Clover

KEY USES AND BENEFITS

Red clover is a powerhouse of healing, known for its ability to balance, purify, and nourish:

Skin Health: Addresses eczema, psoriasis, and other chronic skin conditions.

Respiratory Relief: Effective in soothing whooping cough and dry, stubborn coughs.

Hormonal Support: Supports women's health during menopause and beyond, thanks to its isoflavones.

Detoxification: Acts as a gentle blood purifier, stimulating the liver and gallbladder.

TRADITIONAL USES VS. MODERN APPLICATIONS

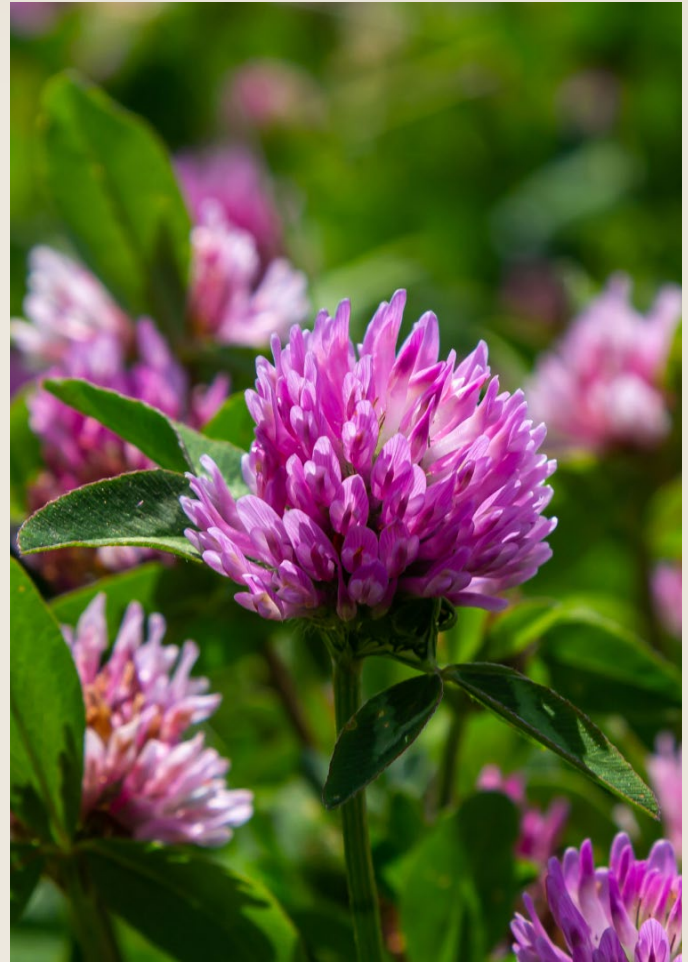
For centuries, red clover has been revered in European, Chinese, and Indigenous medicine for its purifying and nutritive properties. Traditionally used as a blood cleanser and topical treatment for cancerous growths, modern herbalists highlight its role in hormonal balance and as an adjunct therapy for menopausal symptoms. The plant's isoflavones, which act as phytoestrogens, make it a unique botanical for women's health and cardiovascular support.

HOW TO USE RED CLOVER

Tea: Steep 1–2 teaspoons of dried blossoms in hot water for 10–15 minutes to create a nourishing drink.

Tincture: Take 5–30 drops of a 1:2 tincture in water to support detoxification or address skin issues.

Salve or Poultice: Apply fresh, crushed flowers to bites, stings, or skin irritations for quick relief.



FUN FACT

Red clover is affectionately nicknamed “Little Red Riding Hood” for its unassuming yet powerful healing presence. This mirrors the folklore of its use as a symbol of luck and protection in European traditions—a plant that looks innocent but holds great strength.

Did you know red clover concentrates trace elements like molybdenum from the soil? This unique property makes it not only a medicinal herb but also a valuable companion plant for soil enrichment.

Maitake

(*Grifola frondosa*)

Family: Basidiomycetes

Common Names: Dancing Mushroom, Hen of the woods

KEY USES AND BENEFITS

Maitake, also known as the “Dancing Mushroom,” is prized for its ability to support immune health, balance blood sugar levels, and promote cardiovascular wellness. Rich in beta-glucans and antioxidants, maitake enhances overall vitality, aids in weight management, and supports a healthy inflammatory response.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditionally revered in Japanese and Chinese medicine, maitake was celebrated for its healing properties and was often gifted as a symbol of health and longevity. Modern research highlights its immune-modulating effects and its role in supporting metabolic health. Today, maitake is a go-to remedy for boosting immunity, managing blood sugar, and promoting overall well-being.

HOW TO USE

Tea: Simmer dried maitake slices in water for 30 minutes. Sip regularly to strengthen your immune system and maintain balance.

Tincture: Add a few drops of maitake tincture to water to support energy levels and overall health.

Powder: Incorporate maitake powder into soups, stews, or smoothies to enjoy its wellness benefits with every meal.



FUN FACT

During a Wild Rose College session on medicinal mushrooms, founder Terry Willard shared the story of how maitake got its nickname. Legend has it that foragers would “dance with joy” upon finding this prized mushroom, recognizing its immense health value and rarity in the wild. Its ability to enhance vitality remains a testament to its celebrated status.

Cannabis

(*Cannabis sativa*)

Family: Cannabaceae

Common Names: Hemp, Ganja, Dagga, Bhang, Indian Dreamer, Huo ma ren (Chinese)

KEY USES AND BENEFITS

Cannabis is a powerhouse herb with a wide range of therapeutic benefits. Rich in cannabinoids like CBD and THC, it supports pain management, reduces inflammation, promotes relaxation, and aids sleep. Its adaptogenic properties help balance the body's endocannabinoid system, making it a versatile remedy for both physical and mental health challenges.

TRADITIONAL USES VS. MODERN APPLICATIONS

Cannabis has been used for thousands of years in traditional medicine across cultures. Ancient healers used it to relieve pain, reduce inflammation, and promote relaxation. In modern times, research has validated many of these uses, with cannabis now employed to address conditions such as chronic pain, anxiety, insomnia, and even epilepsy. Advances in extraction and formulation have made it easier to customize its therapeutic applications.

HOW TO USE CANNABIS

Tea: Steep dried cannabis leaves or flowers in hot water, or blend with a fat (like coconut oil) for enhanced cannabinoid absorption. Perfect for relaxation and calming effects.

Tincture: Use a cannabis tincture sublingually (under the tongue) for quick relief from pain, anxiety, or sleep disturbances.

Salve: Infuse cannabis in oil and mix with beeswax to create a topical salve for localized pain relief or to soothe skin irritations.

FUN FACT

During a Wild Rose College roundtable, students discussed the historical stigma and resurgence of cannabis as a medicinal herb. Founder Terry Willard shared an anecdote about the plant's dual identity: revered as a sacred medicine in ancient cultures while facing prohibition in modern times. Today, its return to prominence reflects both its profound therapeutic value and the growing appreciation for herbal medicine.



Cannabis Course Bundle: Grow, Craft, and Master Cannabis Medicine

Discover the full potential of cannabis with our Cannabis Course Bundle. This comprehensive package brings together three essential courses to guide you in every aspect of cannabis - from seed to remedy:

1. Cannabis Cultivation: Learn how to grow, harvest, and propagate cannabis for medicine, whether indoors or outdoors
2. Cannabis for Healthcare Providers: Explore cannabis' history, its therapeutic properties, and how to dose effectively for various health conditions
3. Cannabis Medicine Making Mini-Course: Get hands-on with creating your own cannabis-based products, including internal and external remedies

With 82 instructional videos, quizzes, and step-by-step lessons, this bundle provides everything you need to confidently grow, craft, and use cannabis medicine for personal or professional purposes.

[Learn more and get started today!](#)

Absinthe

(*Artemisia absinthium*)

Family: Asteraceae

Common Names: Common Wormwood, Absenthe, Absinth Sagewort, Absinth, Wormwood, Absinthe, Ajenjo, Ajenjo Oficial, Common Wormwood, Feuilles Ameres, Niga-Yomogi, Old Woman, Oldman, Pelin, Wormswood

KEY USES AND BENEFITS

Absinthe, also known as wormwood, is a powerful herb known for its bitter properties and digestive benefits. Traditionally used to stimulate digestion, expel parasites, and support liver health, it also has antimicrobial and anti-inflammatory properties. Its unique profile makes it a valuable herb for detoxification and digestive support.

TRADITIONAL USES VS. MODERN APPLICATIONS

Historically, absinthe was celebrated in European herbal medicine for its ability to aid digestion, treat fever, and expel worms. It gained fame (and notoriety) as a key ingredient in the legendary absinthe liqueur, beloved by artists and writers in the 19th century. Today, absinthe is used in herbal medicine for digestive health, as a natural anti-parasitic, and in bitter formulations to enhance gut function.

HOW TO USE ABSINTHE

Tea: Steep a small amount (1/2 teaspoon) of dried absinthe in hot water for 5-7 minutes. Sip before meals to stimulate digestion.

Tincture: Take a few drops diluted in water to support digestive health or as part of a detox regimen.

Salve: Infuse absinthe into oil and combine with beeswax for a soothing salve that may help with skin irritations or insect bites.



FUN FACT

During a Wild Rose College herbal history seminar, founder Terry Willard discussed absinthe's fascinating dual reputation—as both a beloved digestive remedy and the controversial muse of 19th-century bohemian culture. He noted that while absinthe liqueur was infamous for its supposed hallucinogenic effects, modern science attributes much of its therapeutic value to its high levels of thujone, a compound that supports digestion and parasite cleansing.

Sweet Annie

(*Artemisia annua*)

Family: Asteraceae

Common Names: Qinghaosu, Qing Hao, Huang Hua Hao, Sweet Annie, Sweet Wormwood, Annual Wormwood

KEY USES AND BENEFITS

Sweet Annie, also known as Chinese wormwood, is a potent herb revered for its antimicrobial, anti-inflammatory, and antiparasitic properties. It is best known for its active compound, artemisinin, which has revolutionized the treatment of malaria. Sweet Annie also supports immune function, aids in fever management, and has potential anti-cancer applications.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditionally used in Traditional Chinese Medicine (TCM) for fever reduction and to address parasitic infections, Sweet Annie has been a staple in herbal healing for centuries. Modern science has amplified its significance, with artemisinin-based therapies becoming the gold standard for treating malaria. Beyond its antimalarial properties, Sweet Annie is now explored for its role in immune modulation and anti-inflammatory support.

HOW TO USE

Tea: Steep 1 teaspoon of dried Sweet Annie leaves in hot water for 5-10 minutes. Use as a gentle support for fever or immune health.

Tincture: Add a few drops of Sweet Annie tincture to water for targeted use in addressing parasites or inflammation.

Infused Oil: Use Sweet Annie-infused oil as a base for topical applications to soothe minor skin irritations.



FUN FACT

During a Wild Rose College deep dive into global herbal traditions, founder Terry Willard highlighted Sweet Annie's role in reshaping global health. He shared how its active compound, artemisinin, earned a Nobel Prize for its transformative impact on malaria treatment, cementing the herb's status as a modern medicinal marvel.

Goldenseal

(Hydrastis canadensis)

Family: Ranunculaceae

Common Names: Yellow Root, Yellow Puccoon, Wild Curcuma, Turmeric Root, Ground Raspberry, Indian root, Indian Dye, Eye Root, Jaundice Root, Orange Root

KEY USES AND BENEFITS

Goldenseal is a highly prized herb known for its potent antimicrobial, anti-inflammatory, and immune-supporting properties. Often referred to as “nature’s antibiotic,” it supports respiratory health, aids in digestion, and soothes mucous membrane inflammation. Goldenseal is a staple for addressing infections and promoting overall wellness.

TRADITIONAL USES VS. MODERN APPLICATIONS

Goldenseal has a long history of use among Indigenous peoples of North America, who utilized it for wound care, digestive issues, and as an eye wash. Early settlers adopted it for similar uses, and it became a sought-after remedy in herbal medicine. Today, goldenseal is renowned for its berberine content, which supports gut health, fights infections, and helps reduce inflammation.

HOW TO USE GOLDENSEAL

Tea: Simmer 1 teaspoon of dried goldenseal root in water for 10-15 minutes. Use as a gargle for sore throats or as a wash for minor skin irritations. Note that goldenseal is a wonderful herb but does not have the most pleasant taste.

Tincture: Take a few drops diluted in water for digestive support or to address mild infections.

Salve: Combine goldenseal-infused oil with beeswax to create a topical salve for wounds, cuts, and skin irritations.



FUN FACT

In a Wild Rose College discussion on sustainable herbalism, founder Terry Willard emphasized the importance of goldenseal’s conservation due to its popularity and overharvesting. He shared how students and herbalists are encouraged to grow their own goldenseal to preserve this valuable herb for future generations, connecting deeply with its rich healing legacy.



“Learning herbal medicine is just like making a tea, you have to let the information be steeped inside of you”

— Dr. Terry Willard

2004–2014:

Transition to Online Learning

By 2013, Wild Rose College boldly embraced the digital frontier, fully transitioning its renowned programs—Practical Herbalist Diploma, Master Herbalist, and Clinical Herbalist—to an online platform. This pivotal shift transformed the college into a global hub for herbal education, breaking down barriers and making the rich wisdom of plant medicine accessible to students around the world. Comprehensive, flexible, and forward-thinking, Wild Rose College redefined what it meant to learn herbalism in the modern age.

Rosemary

(*Salvia rosmarinus*)

Family: Lamiaceae

Synonym: *Rosmarinus officinalis*

Common names: Polar Plant, Compass-weed, Compass Plant

KEY USES AND BENEFITS

Rosemary, a beloved Mediterranean herb, isn't just for your kitchen. Packed with antioxidants, it enhances memory, supports digestion, and boosts circulation. Its aromatic profile also makes it a natural mood lifter, perfect for combating mental fatigue and stress.

TRADITIONAL USES VS. MODERN APPLICATIONS

In ancient Greece, students wore rosemary garlands to improve memory during exams, a practice supported by modern studies showcasing its cognitive-enhancing properties. Traditional healers also prized it for easing digestive woes and invigorating the body. Today, rosemary oil is celebrated for its use in aromatherapy and skincare, while its extracts find applications in reducing inflammation and enhancing hair health.

HOW TO USE ROSEMARY

Tea: Steep a teaspoon of dried rosemary leaves in hot water for 5-10 minutes. Enjoy for digestive support or to invigorate your day.



Tincture: Add a few drops of rosemary tincture to water for enhanced circulation and mental clarity.

Salve: Blend rosemary-infused oil with beeswax for a soothing balm that aids muscle recovery and skin rejuvenation.

FUN FACT

Did you know Wild Rose College founder Terry Willard once shared a story about a student inspired to plant rosemary around their study space, crediting the herb's memory-boosting qualities for acing exams? Rosemary's rich lore and practical benefits have long intertwined with the pursuit of knowledge and healing.

Join the Wild Rose Herbal Village: Your Herbal Community Awaits

Step into the Wild Rose Herbal Village - a vibrant, supportive online platform where herbal enthusiasts and experts come together to learn, share, and grow. Whether you're a budding herbalist or a seasoned practitioner, this is your space to connect with fellow plant lovers and deepen your herbal knowledge.

WHY JOIN?

- Access hundreds of hours of exclusive webinars, masterclasses, and herbal intensives.
- Dive into our comprehensive materia medica and explore in-depth monographs.
- Connect with a thriving global community of herb enthusiasts, from beginners to clinical practitioners.
- Stay inspired with monthly updates, resources, and members-only discounts.

[Learn more and join the Herbal Village today!](#)

Fennel

(Foeniculum vulgare)

Family: Apiaceae

Common Names: Wild Fennel, Fennel, Sweet Fennel, Bari-Sanuf, Bitter Fennel, Carosella, Common Fennel, Fennel Essential Oil, Finnochio, Florence Fennel, Foeniculi antheroleum, Garden Fennel, Large Fennel, Phytoestrogen, Sanuf, Shatapuspha, Sweet Fennel, Wild Fennel, Xiao Hui Xiang

KEY USES AND BENEFITS

Fennel (*Foeniculum vulgare*) is a versatile herb with a rich history in herbal medicine. Its key benefits include:

Digestive Health: Known for its carminative properties, fennel alleviates bloating, gas, and indigestion while supporting healthy appetite and digestion.

Respiratory Support: Acts as a mild expectorant and mucolytic, aiding in coughs, bronchitis, and other respiratory concerns.

Women's Health: Fennel supports lactation and helps regulate menstrual cycles due to its phytoestrogenic properties.

Antimicrobial: Fennel essential oil exhibits activity against various pathogens, contributing to its use in natural remedies.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Fennel was prized in ancient Egypt, Greece, and Rome. The Egyptians used it to treat flatulence, while Greeks associated it with weight loss and vitality. Romans introduced fennel to Europe as both a culinary and medicinal herb.

Modern Applications: Today, fennel seeds are used in teas, tinctures, and culinary recipes to support digestion, respiratory health, and hormonal balance.

HOW TO USE FENNEL

Tea: Crush 1 teaspoon of fennel seeds, steep in hot water for 10 minutes, and strain. Drink to ease digestive discomfort.



Tincture: Take 5-20 drops of fennel seed tincture as needed for digestive or respiratory relief.

Essential Oil: Use 1-5 drops diluted in carrier oil for massage to soothe colic or bloating.

FUN FACT: FENNEL AND MIDSUMMER'S EVE

In the Middle Ages, fennel was hung over doorways on Midsummer's Eve to ward off evil spirits. This practice reflects the plant's longstanding role in cultural and medicinal traditions. Fennel continues to be celebrated as a symbol of herbal wisdom and practical healing.

Lobelia

(Lobelia inflata)

Family: Campanulaceae

Common Names: Lobelia, Indian tobacco, Wild tobacco, Puke weed, Bladderpod

Lobelia, also known as Indian tobacco or pukeweed, is a highly effective herb with a rich history of use:

Respiratory Health: Lobelia is a potent antispasmodic and expectorant, making it excellent for asthma, bronchitis, croup, and whooping cough. It promotes bronchial dilation and relaxes the airways.

Muscle Relaxation: Effective in alleviating spasms and convulsions, it's used for epilepsy, tetanus, and other muscular conditions.

Detox and Fever Support: Historically used to induce perspiration and assist in eliminating toxins during fevers and colds.

Pain Relief: When applied topically, Lobelia alleviates discomfort from inflammation, sprains, and neuralgia.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Indigenous peoples such as the Penobscot and Wampanoag used lobelia for respiratory ailments and digestive issues. Samuel Thomson, a prominent herbalist, popularized its use in 19th-century America despite facing significant controversy.

Modern Applications: Lobelia remains a favored herb in contemporary herbalism for its versatility in treating respiratory conditions and muscle tension. It is also explored as a support for tobacco cessation due to its effects on the nervous system.

HOW TO USE LOBELIA

Tincture: For respiratory relief or muscle spasms, use 3-10 drops of a fresh plant tincture (1:2, 95% alcohol) diluted in water. Start with smaller doses.



Poultice: Combine lobelia powder with slippery elm to create a poultice for insect bites, stings, or skin irritation.

Infusion: For a soothing remedy, steep 2-5 grams of dried lobelia in 250 mL of cold water. Use sparingly to avoid nausea.

FUN FACT: THE "THINKING HERB"

Herbalists like John Christopher have nicknamed lobelia the "Thinking Herb" for its unique ability to adapt its effects based on the body's needs. Whether calming spasms or clearing congestion, lobelia seems to "know" the best course of action—a quality that continues to intrigue herbalists.

Meadowsweet

(Filipendula ulmaria)

Family: Rosaceae

Common Names: Meadowsweet, Dolloff, Queen of the Meadow, Bridewort, Lady of the Meadow, Dropwort, Filipendula, Meadow Queen, Meadow-Wart, Spiraeae flos, Spireae herba

KEY USES AND BENEFITS

Meadowsweet is a revered herb in herbal medicine, prized for its unique combination of properties:

Digestive Relief: A natural remedy for heartburn, indigestion, and gastric ulcers, meadowsweet normalizes stomach acid levels and soothes irritation.

Anti-inflammatory: Effective for arthritis and rheumatic pain, it combines pain relief with the elimination of waste through the kidneys.

Diuretic: Helps reduce fluid retention and supports kidney health.

Mild Antimicrobial: Soothes urinary tract infections and aids in healing irritated mucosa.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Sacred to the Druids, meadowsweet was one of three holy herbs. Archaeological evidence suggests its use in Neolithic ale brewing. In medieval Europe, it flavored wines and was valued for its pain-relieving properties, thanks to its salicin content—the precursor to aspirin.

Modern Applications: Today, meadowsweet is favored for its gentle yet effective action in treating stomach and joint conditions, as well as its role in holistic treatments for urinary and inflammatory conditions.

HOW TO USE MEADOWSWEET

Tea: Steep 1-2 teaspoons of dried meadowsweet flowers in hot water for 10 minutes. Drink 2-3 times daily for digestive comfort.



Tincture: Take 20-60 drops (1-3 mL) of a fresh plant tincture diluted in water for joint or stomach relief.

Infusion: Use 4-6 grams of dried herb in 200 mL of water as a soothing beverage for urinary support.

FUN FACT: FROM HERB TO ASPIRIN

The discovery of salicylic acid in meadowsweet inspired the development of aspirin in 1899. At Wild Rose College, students explore how ancient herbal traditions like this have shaped modern medicine, blending science with history to uncover the deeper potential of botanical remedies.

Bayberry

(*Myrica cerifera*)

Family: Myricaceae

Common Names: Wax myrtle, myrica, arbre a souf, myricae cortex, wachsgagle, candleberry, tallow shrub, vegetable tallow, waxberry

KEY USES AND BENEFITS

Bayberry is a powerful herb with extensive applications:

Astringent and Stimulant: Supports conditions with excessive mucous discharge, aids in strengthening weak mucous membranes, and is beneficial in fevers and colds.

Digestive Support: Helps tone the gastrointestinal tract and supports nutrient absorption during states of low energy or weak digestion.

Anti-inflammatory: Offers topical and systemic benefits for wounds, ulcers, and inflammation.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Bayberry was a key ingredient in Samuel Thomson's famous "Composition Powder," used to treat colds, diarrhea, and digestive ailments. Indigenous peoples used decoctions of its stems and leaves for fevers.

Modern Applications: Today, bayberry is employed as a stimulant for the circulatory and lymphatic systems, an astringent for sore throats, and an ingredient in salves for wound care.

HOW TO USE BAYBERRY

Tea: Simmer 1-2 teaspoons of dried bayberry bark in 1 cup of water for 10-15 minutes. Drink warm to ease digestive discomfort or cold symptoms.

Tincture: Use 5-20 drops of tincture diluted in water to support immune function during colds or to tone mucous membranes.



Poultice: Mix powdered bayberry bark with water to create a paste for application to ulcers, wounds, or insect bites.

FUN FACT: BAYBERRY'S ROLE IN CANDLE-MAKING

Bayberry wax, derived from its berries, has a long history of use in making aromatic candles. These candles are smokeless and known for their sweet, resinous fragrance. Bayberry is celebrated for its dual role in herbal and practical crafts.

Milk Thistle

(*Silybum marianum*)

Family: Asteraceae

Common Names: Marian thistle; Blessed Milk-thistle, Cardo Mariano, Holy Thistle, Kanger, Kenger, Ku'Ub, Lady's Thistle, Maria-Azami, Meryemanadikeni, St Mary's Milk Thistle, Thistle, Variegated Thistle

KEY USES AND BENEFITS

Milk Thistle is renowned for its powerful liver-protective and regenerative properties:

Liver Detoxification and Protection: Shields the liver from toxins, including alcohol and environmental pollutants, and supports regeneration of liver tissue.

Anti-inflammatory and Antioxidant: Reduces inflammation and oxidative stress, promoting overall cellular health.

Support for Chronic Conditions: Useful in managing hepatitis, cirrhosis, and liver damage caused by Amanita mushroom poisoning.

Digestive and Skin Benefits: Aids in improving digestion and conditions like psoriasis due to enhanced liver function.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Milk thistle has roots in ancient Greco-Roman medicine. Pliny the Elder praised its ability to “carry off bile,” and herbalist Nicholas Culpeper noted its efficacy in treating liver and spleen obstructions. Hildegard of Bingen, a medieval herbalist, used it for a variety of ailments.

Modern Applications: Today, milk thistle is used as a standardized extract rich in silymarin to address liver-related issues, from chronic conditions to toxin exposure, and even for managing blood sugar and cholesterol levels.

HOW TO USE MILK THISTLE

Tincture: Take 5-15 drops, three times daily, for liver support and detoxification.



Capsules: Opt for a standardized silymarin extract (70-80%) for consistent results; common dosages range from 420 mg daily.

Topical Use: Combine with honey as a poultice for inflamed areas or wounds.

FUN FACT: A SAVIOR FOR MUSHROOM POISONING

Milk thistle is the only known antidote for poisoning by the deadly Amanita mushroom, highlighting its incredible detoxifying abilities. This miraculous quality continues to inspire students to explore its lifesaving properties and its broader role in herbal healing traditions.

Red Raspberry

(*Rubus idaeus*)

Family: Rosaceae

Common Names: Red Raspberry, Hindberry, Bramble of Mount Ida, Ahududu, Framboises, Frambosia, Frambueso

KEY USES AND BENEFITS

Red raspberry (*Rubus idaeus*) is a well-loved herb in traditional and modern herbalism:

Reproductive Support: Known as a uterine tonic, it strengthens and tones the uterus, aids in regulating menstrual cycles, and is commonly used to support pregnancy and childbirth.

Digestive Aid: Soothes stomach complaints, including diarrhea, nausea, and morning sickness, and helps balance mucous membranes in the gastrointestinal tract.

Anti-inflammatory: Eases conditions such as sore throats and conjunctivitis when used as a gargle or eyewash.

Rich in Antioxidants: Packed with flavonoids and vitamin C, red raspberry leaves support immune health and provide overall wellness.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Used by midwives for centuries to ease labor and postpartum recovery. Indigenous tribes in North America valued red raspberry for a variety of uses, including treating bowel complaints and as a general tonic.

Modern Applications: Now used widely for its reproductive benefits, as well as in herbal teas to support digestion and overall health. It has gained popularity for its mild yet effective action in pregnancy and beyond.

HOW TO USE RED RASPBERRY

Tea: Brew 1-2 teaspoons of dried leaves in hot water for 10 minutes. Drink daily to support digestion or reproductive health.

Gargle: Use a strong infusion as a gargle for sore throats or as an eyewash for conjunctivitis.

Tincture: Take 1/2 to 1 teaspoon daily for reproductive or digestive support.



FUN FACT: A HISTORICAL UTERINE TONIC

Red raspberry has been cherished for its reproductive benefits since ancient times, with mentions in Chinese medical literature dating back to 550 AD. Its dual roles as a gentle digestive aid and a robust uterine tonic make it a staple in herbal medicine traditions.

Support Your Pregnancy Naturally

Explore the role of herbs like red raspberry leaf in promoting a healthy pregnancy, labor, and postpartum recovery with our Herbal Pregnancy & Childbirth course.

Learn safe remedies for every stage, create your own herbal birth kit, and discover herbal support for fertility, breastfeeding, and newborn care. Perfect for expecting parents, birth workers, and herbalists alike.

[Learn more and enroll today!](#)

Damiana

(Turnera diffusa)

Family: Passifloraceae (Turneraceae)

Common Names: Damiana, Hierba del amor (Mexico), Chanana (Brazil), Mizibcoc, Old Woman's Broom

KEY USES AND BENEFITS

Damiana is a revered herb known for its uplifting and balancing properties:

Aphrodisiac Qualities: Traditionally used to enhance libido and sexual well-being in both men and women.

Mood Enhancement: Acts as a mild antidepressant, reducing anxiety and promoting relaxation.

Nervous System Support: Helps alleviate nervous tension, headaches, and mild depression.

Digestive Aid: Assists in relieving digestive issues like constipation and poor appetite.

TRADITIONAL USES VS. MODERN APPLICATIONS

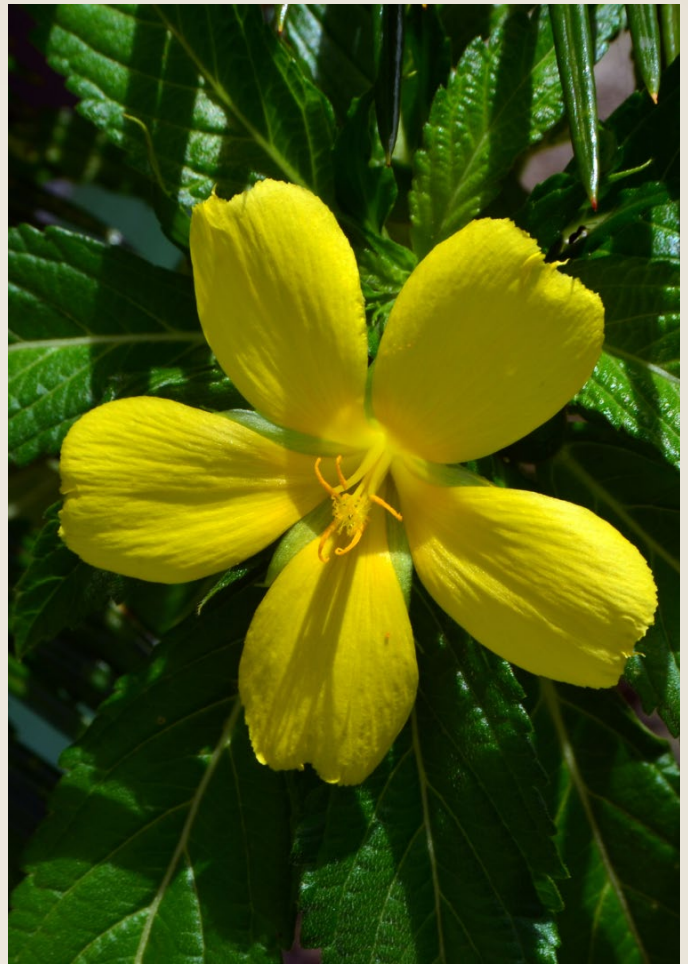
Traditional Uses: Native to Central and South America, damiana was used by Indigenous cultures such as the Mayans for its aphrodisiac and mood-enhancing properties. It was also utilized to address bladder and urinary issues.

Modern Applications: Today, damiana is popular in herbal medicine for sexual health support, stress relief, and as a general tonic to improve overall vitality.

HOW TO USE DAMIANA

Tea: Steep 1-2 teaspoons of dried damiana leaves in hot water for 10 minutes. Drink 1-2 cups daily to support mood and vitality.

Tincture: Take 2-4 mL (about 40-80 drops) of damiana tincture up to three times daily for aphrodisiac effects and nervous system support.



Herbal Blend: Combine damiana with other herbs like ginseng or ashwagandha for enhanced energy and libido.

FUN FACT: DAMIANA'S CELEBRATED LEGACY

Damiana has a storied history, even being an ingredient in a traditional Mexican liqueur believed to be the secret component of the original Margarita cocktail. Damiana is appreciated not just for its therapeutic properties but also for its rich cultural heritage, inspiring students to explore the intersections of herbal medicine and tradition.

White Oak

(Quercus alba)

Family: Fagaceae

Common Names: White Oak

KEY USES AND BENEFITS

White oak is a powerhouse in herbal medicine, known for its astringent, anti-inflammatory, and antiseptic properties. Traditionally used to heal wounds, treat diarrhea, and support oral health, it is also valued for its ability to combat infections and soothe irritated tissues. Rich in tannins, this herb tightens and tones tissues, making it a go-to for skin and digestive health.

TRADITIONAL USES VS. MODERN APPLICATIONS

Historically, Native American tribes used white oak bark to treat fevers, wounds, and gastrointestinal issues. Its bark was also boiled into decoctions for treating sore throats and skin ulcers. Today, herbalists continue to use white oak for its powerful tannins, especially in skincare and digestive remedies. Modern research supports its role in reducing inflammation and supporting oral health.

HOW TO USE WHITE OAK:

Tea: Simmer 1-2 teaspoons of dried white oak bark in water for 15-20 minutes to create a decoction. Use it as a gargle for sore throats or a wash for minor skin irritations.

Tincture: Add a few drops of white oak tincture to water to address digestive discomfort or to use as a mouth rinse for gum health.

Salve: Combine white oak bark-infused oil with beeswax to create a healing salve for cuts, burns, or insect bites.



FUN FACT

Did you know that Wild Rose College founder Terry Willard often cited white oak as a symbol of resilience and healing? In one memorable workshop, he shared how this mighty tree has been a source of strength in herbal traditions across cultures, inspiring students to see nature as both teacher and healer.

St John's Wort

(Hypericum perforatum)

Family: Clusiaceae

Common Names: Klamath weed, John's wort, amber touch-and-heal, millepertuis, goatweed, rosin rose

KEY USES AND BENEFITS

St. John's wort is celebrated for its multifaceted healing properties:

Mood Enhancement: A powerful herbal remedy for depression, anxiety, and Seasonal Affective Disorder (SAD), known for its effectiveness in uplifting spirits.

Nerve Pain Relief: Soothes nerve injuries, back pain, and post-surgical pain better than many conventional painkillers.

Wound Healing and Antimicrobial: Promotes healing of minor wounds, burns, and cuts while providing antibacterial and antiviral protection.

Immune Support: Exhibits antiviral properties effective against conditions like influenza.

TRADITIONAL USES VS. MODERN APPLICATIONS

Historically, St. John's wort was considered a sacred herb, used in medieval Europe to ward off evil spirits. It was named after St. John the Baptist, as it blooms near his feast day in late June. Traditional herbalists employed it as a remedy for "nervous disorders" and melancholy, while also utilizing its vibrant blossoms to make protective charms. Today, St. John's wort is a staple in modern herbal medicine, scientifically validated for its role in supporting mental health and nerve repair, and included in topical formulations for its antimicrobial and anti-inflammatory properties.

HOW TO USE ST. JOHN'S WORT

Tea: Steep dried flowers in hot water for 5–10 minutes for a calming infusion.

Tincture: Take a few drops daily to support emotional balance.



Salve: Apply to skin for burns, wounds, or nerve pain relief.

Oil Infusion: Massage into areas of tension or use as a post-sun exposure remedy for skin care.

FUN FACT

At Wild Rose College, herbalist and founder Terry Willard recalls his early teachings on St. John's wort, highlighting its striking red oil—derived from its flowers—which has been traditionally linked to the "blood of the sun." This vibrant hue is not just symbolic but also rich in the active compounds hypericin and hyperforin, key to the plant's therapeutic effects.



“Remember, you’re not treating the disease; you’re treating the patient”

— Dr. Terry Willard

2014–2024:

Modernization and Community Building

In 2015, Yarrow Willard, son of founder Terry Willard, assumed the role of college director, infusing modern perspectives into the curriculum. The launch of the Wild Rose Herbal Village in 2018 created an online community for herbalists, offering webinars, tutorials, and a platform for networking. The reintroduction of the Clinical Herbalist Apprenticeship Program in 2019, with online clinical blocks starting in 2022, provided practical training opportunities for aspiring herbalists. Since 2022, our Practical and Master Herbalist programs have been revitalized with engaging video content and the latest research and studies, ensuring our students stay at the cutting edge of herbal medicine. These enhancements bring the learning experience to life, offering visual demonstrations, expert insights, and real-world applications to deepen understanding and confidence as an herbalist.

Arnica

(*Arnica montana*)

Family: Asteraceae

Common Names: Leopard's bane, Mountain Tobacco, Fallkraut (German)

KEY USES AND BENEFITS

Arnica is a powerful herb renowned for its ability to support the body's healing processes:

Pain Relief: Excellent for reducing pain from bruises, sprains, and muscle soreness.

Anti-inflammatory: Effective for inflammation caused by arthritis, injuries, or overexertion.

Wound Healing: Enhances circulation and speeds the recovery of minor injuries when used topically.

Circulatory Support: Stimulates blood flow to improve the body's healing response.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Arnica has been used since the Middle Ages in Europe for treating wounds, bruises, and joint pain. Mountain climbers in Germany chewed the leaves to prevent soreness and fatigue.

Modern Applications: Today, arnica is a staple in sports medicine and physical therapy for its ability to reduce inflammation and accelerate healing. It is commonly used in gels, creams, and homeopathic preparations.

HOW TO USE ARNICA

Topical Application: Apply arnica gel or cream to sore muscles, bruises, or sprains. Avoid broken skin to prevent irritation.

Infused Oil: Use arnica-infused oil for massage to alleviate pain and inflammation.



Homeopathic Remedies: Arnica is available in homeopathic dilutions for internal use to support post-surgery recovery and trauma.

FUN FACT: ARNICA AND THE ALPINE TRADITION

Arnica is often called "Mountain Tobacco" because it grows in alpine meadows and was traditionally chewed by mountaineers to prevent fatigue.

Jamaica Dogwood

(Piscidia piscipula)

Family: Leguminosae

Common Names: Jamaica Dogwood

KEY USES AND BENEFITS

Jamaica dogwood is a powerful herb with a history of addressing pain and tension:

Pain Relief: A natural analgesic for neuralgia, migraines, and other types of chronic pain.

Muscle Relaxant: Eases muscular tension and spasms, making it a valuable aid for injuries and stress.

Sleep Support: Calms the nervous system, promoting restful sleep without grogginess.

Anti-inflammatory: Reduces inflammation associated with arthritis and other musculoskeletal conditions.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Indigenous peoples of the Caribbean utilized Jamaica dogwood for its calming and pain-relieving properties, often employing the bark as a poultice or decoction.

Modern Applications: In contemporary herbal practice, it is used as a tincture or capsule for managing pain, calming anxiety, and addressing insomnia.

HOW TO USE JAMAICA DOGWOOD

Tincture: Take 5-20 drops diluted in water, up to three times daily, for pain relief or relaxation.

Decoction: Boil 1-2 teaspoons of the dried bark in water for 10-15 minutes. Drink up to 2 cups per day for relief from pain and inflammation.



Compress: Soak a cloth in the decoction and apply to sore muscles or joints to reduce pain and swelling.

FUN FACT: A "FISH STUPEFIER" TURNED HEALER

Jamaica dogwood's alkaloids are potent enough to stupefy fish, a technique historically used by Caribbean fishermen. Today, Wild Rose College celebrates its transformation from traditional fishing tool to a staple in natural pain management.

Skullcap

(*Scutellaria lateriflora*)

Family: Lamiaceae

Common Names: Skullcap, Scullcap, Blue Pimpernel, Madweed, Hoodwort, Mad-dog, Helmet Flower, Quaker Bonnet

KEY USES AND BENEFITS

Skullcap is nature's ally for stress relief and nervous system support. Known for its calming and antispasmodic properties, it helps ease anxiety, reduce tension, and support restful sleep. Skullcap is also a valuable herb for alleviating muscle spasms and promoting overall relaxation, making it a staple for both mental and physical wellness.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditionally, skullcap was used by Indigenous peoples and early herbalists to calm nerves, address headaches, and alleviate menstrual discomfort. Its role as a nerve tonic has endured through the centuries. In modern herbalism, skullcap is frequently used to manage stress, support mental clarity, and reduce symptoms of burnout, often paired with adaptogens for synergistic effects.

HOW TO USE SKULLCAP

Tea: Steep 1 teaspoon of dried skullcap leaves in hot water for 10-15 minutes to create a calming tea. Enjoy in the evening to unwind or during moments of heightened stress.

Tincture: Take a few drops of skullcap tincture under the tongue or diluted in water for quick relief from anxiety or restlessness.

Salve: Blend skullcap-infused oil with beeswax to craft a soothing balm for sore muscles and tension relief.

FUN FACT

During a memorable lecture at Wild Rose College, founder Terry Willard shared a story about how skullcap got its name. The plant's small, helmet-shaped flowers resemble medieval helmets, symbolizing protection—much like how the herb protects the nervous system. It's a favorite among students for exam season and a must-have in any herbalist's toolkit.



Learn About Nervines and More with Herbology 101

Curious about skullcap's calming properties? Herbology 101 takes you on a journey through nervines, adaptogens, and the intricate ways plants support the body. Explore how herbal remedies can enhance digestion, immunity, and the nervous system, blending folklore with modern research.

Gain practical skills in crafting herbal formulations, understanding body systems, and using herbs to promote vitality - all through 130+ engaging video lessons with hands-on demonstrations.

Transform your passion for herbs into practical knowledge - enroll today.

Self Heal

(Prunella vulgaris)

Family: Lamiaceae

Common Names: Self Heal, Prunella, All Heal, Hook Heal, Slough Heal, Brunella, Heart of the Earth, Blue Curls

KEY USES AND BENEFITS

Self-heal is a versatile herb celebrated for its restorative and protective qualities:

Wound Healing: Speeds the recovery of cuts, bruises, and minor injuries with its powerful antimicrobial and anti-inflammatory properties.

Immune Booster: Strengthens the body's defenses, supporting recovery from colds, flu, and other illnesses.

Digestive Aid: Soothes gastrointestinal discomfort and promotes healthy digestion.

Anti-inflammatory and Antioxidant: Reduces inflammation and oxidative stress, supporting overall wellness.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Known in ancient China as the “heal-all herb,” self-heal was used in Traditional Chinese Medicine to clear heat and toxins. European herbalists employed it to treat wounds and as a remedy for sore throats and fevers.

Modern Applications: Today, it is a go-to herb for immune system support, wound healing, and its role in reducing inflammation and oxidative stress, making it a valuable addition to natural health regimens.

HOW TO USE SELF-HEAL

Tea: Steep 1-2 teaspoons of dried self-heal flowers and leaves in hot water for 10 minutes. Drink 2-3 cups daily to boost immunity and ease inflammation.



Tincture: Take 15-30 drops of self-heal tincture diluted in water for wound healing or digestive support.

Salve: Apply self-heal-infused salve to cuts, bruises, or rashes to promote healing and reduce inflammation.

FUN FACT: NATURE'S RESILIENCE

Self-heal is often referred to as the “Carpenter’s Herb” because of its rapid growth and resilience, even thriving in challenging conditions. This resilience and humble herb embodies the very essence of natural healing.

Ginkgo

(*Ginkgo biloba*)

Family: Ginkgoaceae

Common Names: Ginkgo, Maidenhair tree

KEY USES AND BENEFITS

Ginkgo is one of the oldest living tree species, cherished for its extensive health benefits:

Cognitive Support: Enhances memory, focus, and overall brain health. Particularly useful in managing symptoms of cognitive decline and dementia.

Circulatory Aid: Promotes blood flow to the brain and extremities, aiding in conditions like cold hands and feet or peripheral vascular diseases.

Antioxidant Power: Protects cells from oxidative damage and combats inflammation, supporting longevity and resilience.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: In ancient Chinese medicine, ginkgo seeds and leaves were used to treat respiratory and circulatory conditions. The tree itself was revered for its resilience and long lifespan.

Modern Applications: Today, ginkgo is a popular supplement for cognitive health and circulatory issues, backed by extensive research supporting its neuroprotective and vascular benefits.

HOW TO USE GINKGO

Tea: Steep 1-2 teaspoons of dried leaves in hot water for 10 minutes. Drink 1-2 cups daily for cognitive and circulatory support.

Tincture: Take 30-40 drops of ginkgo tincture in water, 2-3 times daily, to enhance focus and memory.



Capsules or Tablets: Use standardized extracts for consistent dosing, typically 120-240 mg daily.

FUN FACT: THE RESILIENT “LIVING FOSSIL”

Ginkgo trees have survived for over 200 million years, earning them the title “living fossils.” Even after the atomic bombing of Hiroshima, a ginkgo tree near the blast site survived and continued to thrive—a testament to its extraordinary resilience.

Catnip

(*Nepeta cataria*)

Family: Lamiaceae

Common Names: Catmint, Catnep, Cat, Cataria, Catrup, Cat's-play, Cat's Wort, Catswort, Catwort, Field Balm, Garden Nep, Herba Cataria, Herba Catti, Nebada, Nep, Nepeta, Nip Herba nepetae, Menthe des Chats, Menta de Gato

KEY USES AND BENEFITS

Catnip is more than just a feline favorite—it's a gentle and effective herb for humans too:

Relaxation and Sleep: Calms the nervous system, helping to alleviate anxiety and promote restful sleep.

Digestive Aid: Eases stomach discomfort, bloating, and cramps, acting as a carminative and antispasmodic.

Respiratory Support: Soothes coughs and colds with its mild expectorant properties.

Children's Remedy: Safe and effective for calming colic, fever, and restlessness in children.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Historically, catnip was brewed as a tea by Europeans and Native Americans to treat colds, fevers, and digestive complaints. It was also used as a poultice for cuts and swellings.

Modern Applications: Today, catnip remains a popular choice for calming the mind and body, often used in teas and tinctures for its gentle yet effective soothing properties.

HOW TO USE CATNIP

Tea: Steep 1-2 teaspoons of dried catnip leaves and flowers in hot water for 10 minutes. Drink 1-3 cups daily for relaxation or digestive support.



Tincture: Take 15-30 drops in water, up to three times daily, to calm anxiety or ease indigestion.

Poultice: Use fresh catnip leaves as a poultice for minor cuts, bruises, or insect bites to reduce swelling and irritation.

FUN FACT:

Catnip is famous for its euphoric effect on cats, its name "Nepeta" is thought to derive from the Roman town of Nepeti, where the herb was widely cultivated. This versatile herb bridges ancient wisdom and modern herbal practices, delighting both humans and their furry friends.

Blessed Thistle

(*Cnicus benedictus*)

Family: Asteraceae

Common Names: Carduus, Carduus benedictus Cardin, St. Benedict's Thistle, Ash Sherka Al Mubarak, Cardo Santo, Chardon Beni, Derga Peroza, Holy Thistle, Mubarek Diken, Old Lady's Thistle, bitter thistle, spotted thistle, cursed thistle, blessed cardus, spotted cardus

KEY USES AND BENEFITS

Blessed thistle is a potent herb known for its rejuvenating and strengthening properties:

Digestive Health: Stimulates appetite, aids digestion, and helps alleviate bloating and indigestion.

Liver Support: Acts as a tonic for the liver, promoting detoxification and enhancing bile production.

Immune Support: Boosts the immune system, helping the body fend off illnesses.

Women's Health: Traditionally used to enhance lactation and support hormonal balance.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Revered in medieval Europe, blessed thistle was known as a "blessing for all ailments." It was often used in monastic medicine to treat fevers, infections, and digestive disorders.

Modern Applications: Today, blessed thistle is valued for its role in liver health and digestive support. It is also included in herbal blends for its tonic properties and ability to harmonize other herbs.

HOW TO USE BLESSED THISTLE

Tea: Infuse 1-2 teaspoons of dried blessed thistle leaves in hot water for 10 minutes. Drink before meals to stimulate digestion.



Tincture: Take 15-30 drops in water up to three times daily for liver support and digestive health.

Capsules: Use standardized capsules for a consistent dose, typically 400-800 mg daily.

FUN FACT: THE MONK'S MEDICINAL MARVEL

Blessed thistle earned its name for being a "holy" remedy during the Renaissance. Monks in Europe used it extensively in their herbal apothecaries. This herb continues to be a favourite for its rich history and its role in connecting traditional wisdom with modern herbalism.

Devil's Club

(*Oplopanax horridus*)

Family: Araliaceae

Common Names: *Echinopanax horridum* (Asia and Alaska), *Fatsia horrida*, Alaskan Ginseng, Pacific Northwest Ginseng, Bois Piquant, Cukilanarpak, Devil's Root, Fatsia, *Panax horridum*

KEY USES AND BENEFITS

Devil's club (*Oplopanax horridus*) is a powerful herb native to North America, renowned for its wide-ranging therapeutic effects:

Immune Support: Enhances immune response and resilience, helping the body fight off infections.

Anti-inflammatory: Reduces inflammation, making it valuable for arthritis, muscle pain, and chronic inflammatory conditions.

Adaptogenic Properties: Helps the body adapt to stress and promotes overall vitality and well-being.

Skin and Wound Healing: Used topically for cuts, bruises, and skin infections due to its antimicrobial properties.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Indigenous peoples of the Pacific Northwest revered Devil's club as a sacred medicine, using it for colds, respiratory infections, and spiritual protection. It was also used as a poultice for wounds and boils.

Modern Applications: Today, Devil's club is a key ingredient in immune-boosting and anti-inflammatory formulas. Its adaptogenic qualities are explored in holistic treatments for stress and chronic fatigue.

HOW TO USE DEVIL'S CLUB

Tea: Simmer 1-2 teaspoons of dried root or bark in water for 10-15 minutes. Drink 1-2 cups daily for immune or inflammatory support.



Tincture: Take 20-30 drops in water, up to three times daily, for adaptogenic or anti-inflammatory benefits.

Salve: Apply a Devil's club-infused salve to minor wounds or inflamed areas to promote healing.

FUN FACT: A PROTECTOR IN THE WILD

Devil's club is often called the "Alaskan Ginseng" due to its adaptogenic properties. Its thorny appearance has inspired tales of protection and resilience in indigenous folklore. Devil's club is celebrated as a symbol of nature's tenacity and healing power, bridging traditional wisdom and modern applications.

Siberian Ginseng

(*Eleutherococcus senticosus*)

Family: Araliaceae

Common Names: Taiga root, *Acanthopanax Obovatus*, *Acanthopanax Obovatus*, Hoo, Ci Wu Jia, Ciwujia, Ciwujia Root, Ciwujia Root Extract, Devil's Bush, Devil's Shrub, Éleuthéro, Eleuthero Ginseng, Eleuthero Root, Eleutherococci Radix, Eleutherococcus

KEY USES AND BENEFITS

Siberian ginseng is a renowned adaptogen with a legacy of supporting resilience and vitality:

Energy and Stamina: Enhances physical endurance and combats fatigue, making it ideal for athletes and those recovering from illness.

Stress Management: Helps the body adapt to stress by balancing the adrenal response and supporting overall nervous system health.

Immune Booster: Strengthens the immune system, increasing resistance to infections.

Cognitive Support: Improves focus, memory, and mental clarity under pressure.

TRADITIONAL USES VS. MODERN APPLICATIONS

Traditional Uses: Native to Russia and parts of Asia, Siberian ginseng has been used in Traditional Chinese Medicine to boost energy, improve health, and increase resistance to illness.

Modern Applications: Widely recognized as an adaptogen, it is included in health regimens for managing chronic fatigue, enhancing athletic performance, and supporting mental resilience in high-stress environments.

HOW TO USE SIBERIAN GINSENG

Tea: Simmer 1-2 teaspoons of dried root in water for 15 minutes. Drink up to two cups daily for energy and immune support.

Tincture: Take 20-40 drops in water, two to three times daily, for stress management and stamina.



Capsules: Use a standardized extract, typically 300-500 mg daily, for consistent adaptogenic benefits.

FUN FACT: A SPACE-AGE TONIC

Siberian ginseng gained global fame when Russian cosmonauts included it in their diets during space missions to boost stamina and immunity. It's celebrated for its ability to bridge ancient wisdom with cutting-edge science, making it a staple in adaptogenic studies.

Kava

(Piper methysticum)

Family: Piperaceae

Common Names: Kava, Ava, Awa, Yaqona, Grog, Gea, Gi, Kao, Kavain, Kavapipar, Kawa Kawa, Kawa Pepper, Kawapfeffer, Kew, Malohu, Maluk, Meruk, Milik, Rauschpfeffer, Sakau, Tonga, Wurzelstock, Yagona, Yangona, Yaqona, Yongona

KEY USES AND BENEFITS

Kava is a renowned herbal remedy for reducing stress, promoting relaxation, and supporting restful sleep. Known for its anxiolytic and muscle-relaxing properties, this plant helps ease tension, calm the mind, and soothe physical discomfort. Kava is also a social and ceremonial staple, fostering connection and peace in traditional gatherings.

TRADITIONAL USES VS. MODERN APPLICATIONS

For centuries, Pacific Islanders have used Kava in rituals and ceremonies, believing it fosters harmony and spiritual connection. Traditionally consumed as a communal drink, it played a central role in bringing people together. Modern herbalists embrace Kava for its scientifically backed ability to relieve anxiety and tension, often recommending it as a natural alternative to pharmaceuticals for stress and mild insomnia.

HOW TO USE KAVA

Tea: Prepare Kava tea by steeping 1-2 teaspoons of powdered root in warm water for 10-15 minutes. Strain and enjoy for instant relaxation.

Tincture: Add a few drops of Kava tincture to water for a quick and convenient way to manage stress during busy days.

Topical Oil: Infuse Kava root into oil to create a relaxing massage blend, perfect for easing muscle tension and stress-related aches.



FUN FACT

Did you know that Kava is often referred to as “The Root of Peace”? In one Wild Rose College discussion, a student shared their journey of incorporating Kava into meditation practice to enhance focus and tranquility. Founder Terry Willard highlighted how this herb’s deep cultural roots align beautifully with its calming effects, reminding us of the connection between community and wellness.



A Message from Our Director

Herbal medicine has undergone a remarkable resurgence over the last five decades. Once pushed to the margins, we've come full circle to a time where herbs are now embraced as a powerful, natural path to healing. Today, 20% of the population turns to plant medicine, and over 70% incorporate natural health products into their daily lives.



When Wild Rose College first opened its doors, herbalism was a niche practice, kept alive by Indigenous cultures, immigrant traditions, and a handful of counter-culture pioneers searching for alternatives to a system they felt

was broken. Herbal knowledge was often inaccessible, and herbs were met with skepticism by the mainstream. Now, the tides have turned. Books, conferences, herbal schools, and online learning platforms are blooming every year, making herbal wisdom more accessible than ever.

At its core, we believe all of us are seeking balance, healing, and a deeper connection to ourselves and the natural world. Herbal medicine provides a clear, nourishing path to do this work. For over 50 years, Wild Rose College has been growing herbalists, starting with humble herb walks and tipi camps in the 1970s. These roots grew into in-person classes, retreats, and now a comprehensive online platform offering practical, master, and clinical-level herbal diploma programs. With thousands of graduates, countless revisions, and an ever-evolving curriculum, Wild Rose College is now one of North America's most robust resources for herbal education.

As my father, Dr. Terry Willard, often says, "the planet grows herbalists." At Wild Rose College, we are honoured to help nurture this growth. We deeply appreciate the bright minds and hearts who have contributed to the herbal medicine movement and those who have embraced plant medicine in their lives.

The future of herbal medicine is bright. As many people become disillusioned with the limitations of the traditional allopathic model—which often treats symptoms rather than root causes—they are turning toward more holistic alternatives. In a world suffering from chronic imbalances, unhealthy food systems, and increasing health crises, plants offer a profound and multifaceted approach to healing. Their biochemistry is complex, providing tangible physical benefits, but herbs also help us align emotionally, mentally, and spiritually—an essential part of any true healing journey.

Holistic medicine recognizes that the body has the innate ability to heal itself. But to support this process, we must nourish ourselves with wholesome foods, natural medicines, and mindful lifestyle choices. As the saying goes, there should be a herbal practitioner in every village and a herbalist in every household. This vision is becoming a reality as more people rediscover the healing power of plants.

At Wild Rose College, we believe that everyone should have access to herbal knowledge. Whether you're looking to care for your family's health or become a professional herbal practitioner serving your community, our programs are designed to meet you where you are. In today's world of information overload, we've made it our mission to simplify and streamline herbal education. By offering dynamic, engaging content in a variety of formats—visual, audio, written, and experiential—we make plant medicine easy to learn and integrate into modern lifestyles.

Just as herbal medicine is holistic, so too is the way we learn. Innovation in communication, technology, and science allows us to continue sharing this ancient wisdom in ways that resonate with a new generation. The past 50 years have brought immense change, but one thing has remained constant: our commitment to making herbal medicine accessible, relevant, and transformative.

As we celebrate 50 years of honouring the plants that have guided us, we are filled with gratitude for the wisdom of the past and the promise of the future. This collection of 50 herbs is a small tribute to the journey we've shared with the natural world—one that has nurtured our souls, healed our bodies, and connected us to the earth in ways words cannot fully capture.

At Wild Rose College, we believe that honouring the wisdom of the past is the key to nurturing a brighter, more connected future. Whether you're just beginning

to explore herbal medicine or are seeking to deepen your understanding, we're here to walk alongside you on this sacred path of growth and healing.



We invite you to join us as we continue to honour the legacy of herbal wisdom while fostering a new generation of healers who will care for the earth and each other. The journey is always unfolding, and we're here to guide you every step of the way.

Let's grow together —one herb at a time.



[Explore More & Join the Community](#)



info@wildrosecollege.com • 1 888-953-7673

*Honouring 50 Years of Excellence
in Herbal Education*