

LIVE WEBINAR

Herbalism for Changing Times

Building resilience, self-reliance and community through plant medicine

Yarrow Willard • Wild Rose College

“

Herbalism cannot protect us from every uncertainty.

”

But it can help us become more knowledgeable, adaptable,
connected and capable of caring for ourselves and one another.



We have more health information, and less embodied confidence

MORE

Information
Products
Technology

LESS

Body literacy
Practical knowledge
Connection to place

The invitation

**Move from
passive
consumption
to active
participation.**

Self-reliance does not mean doing everything alone

ISOLATION

I must handle everything
myself



RESILIENCE

**Skills + adaptability +
relationships**

Knowing what you can do and when to ask for
help is part of the medicine.

Resilience grows through four connected layers

01

PERSONAL

Regulation
Restoration

02

HOUSEHOLD

Practical skills
Home remedies

03

ECOLOGICAL

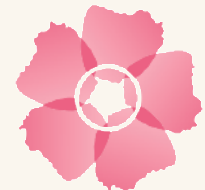
Local plants
Reciprocity

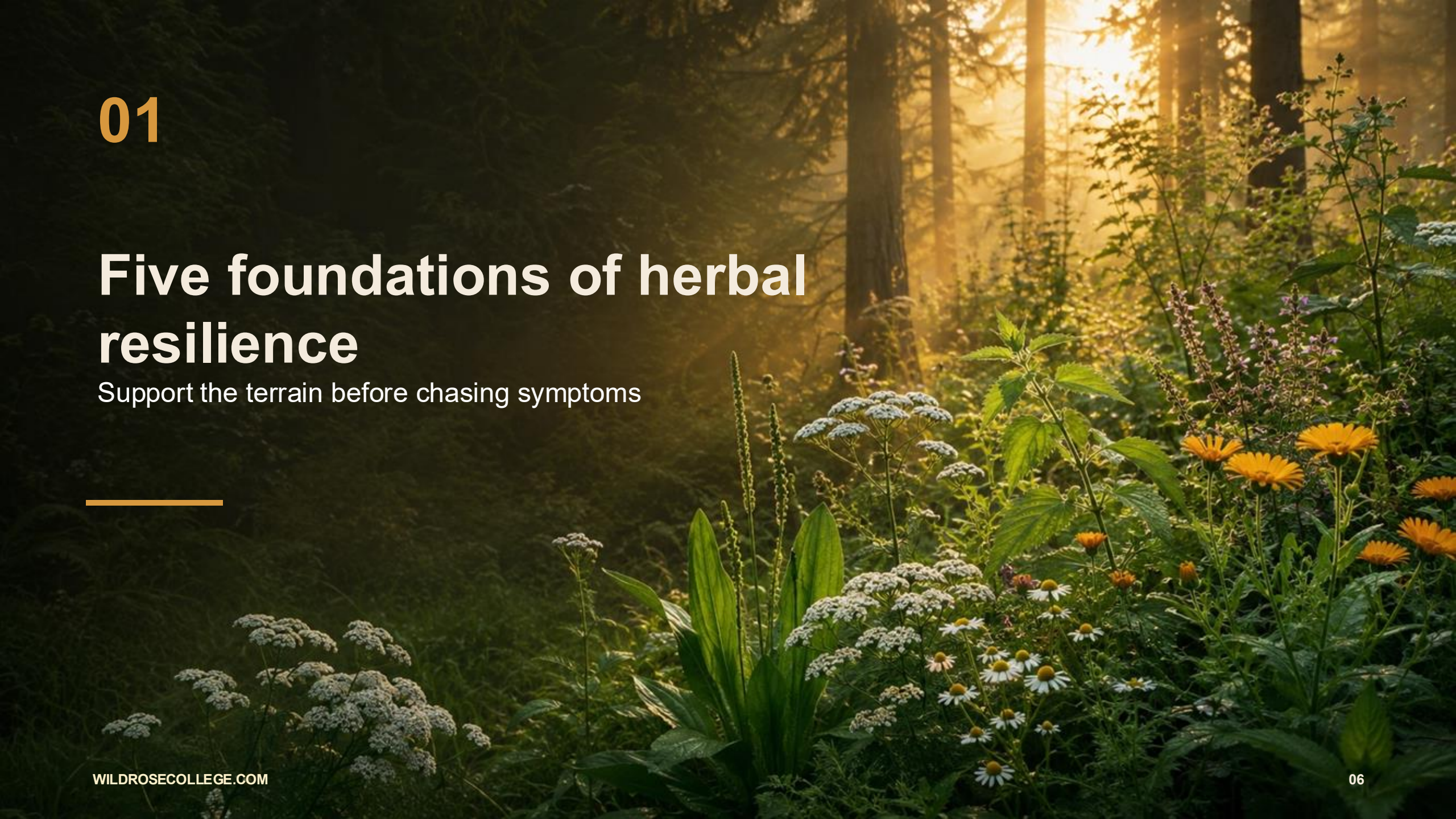
04

COMMUNITY

Shared care
Knowledge
networks

Each layer strengthens the others.



A photograph of a sunlit forest floor. Sunbeams (crepuscular rays) stream through the tall, thin trees in the background. The foreground is filled with lush green plants and wildflowers, including clusters of small white flowers, several bright yellow daisies, and some purple flowers. The overall mood is peaceful and natural.

01

Five foundations of herbal resilience

Support the terrain before chasing symptoms

A regulated nervous system gives us more choices

CALM NOW

Chamomile
Lemon balm
Skullcap

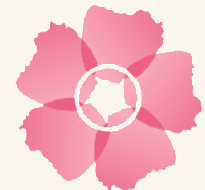
REBUILD OVER TIME

Milky oats, Holy Basil
Lions Mane, Reishi
Rest + nourishment
Daily rhythm

ADAPT

Match the plant
to the patterns
presented

The goal is not to suppress every feeling, it is to restore capacity.



Sleep is where resilience is rebuilt

Sleep supports

- Immune readiness
- Memory and cognition
- Emotional regulation
- Metabolic repair

The herbal question

Is the person tense, restless, depleted, overheated or simply out of rhythm?

Digestion turns food and experience into usable nourishment

BITTERS

Wake up appetite + secretion

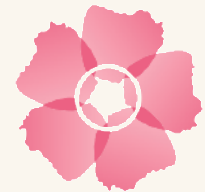
AROMATICS

Ease gas + stagnation

DEMULCENTS

Soothe irritated tissues

Herbalism asks: what pattern is underneath the symptom?



Immune support changes with the moment

DAILY	Nourish + regulate	Reishi • Astragalus
EARLY	Respond promptly	Elderberry • Garlic
ACUTE	Support the process	Thyme • Yarrow
RECOVERY	Rebuild vitality	Rest • Mineral-rich foods

A small herbal kit becomes powerful when you know the plants deeply

CALENDULA

Skin + tissue

PLANTAIN

Bites + irritation

YARROW

**Bleeding +
circulation**

LAVENDER

Calming + topical

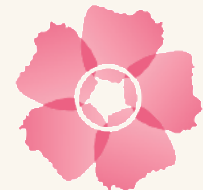
MARSHMALLOW

Soothing moisture

GINGER

Warmth + digestion

Skill matters more than the size of the cupboard.



Herbal safety is part of herbal confidence

- Use the right plant, preparation and dose
- Check allergies, interactions and contraindications
- Recognize red flags and emergencies
- Refer when care is outside your knowledge or scope

The goal is capable participation, not replacing necessary medical care.

A three-minute sensory practice

Meet one familiar plant as an herbalist

1

AROMA

2

TASTE

3

TEMPERATURE

4

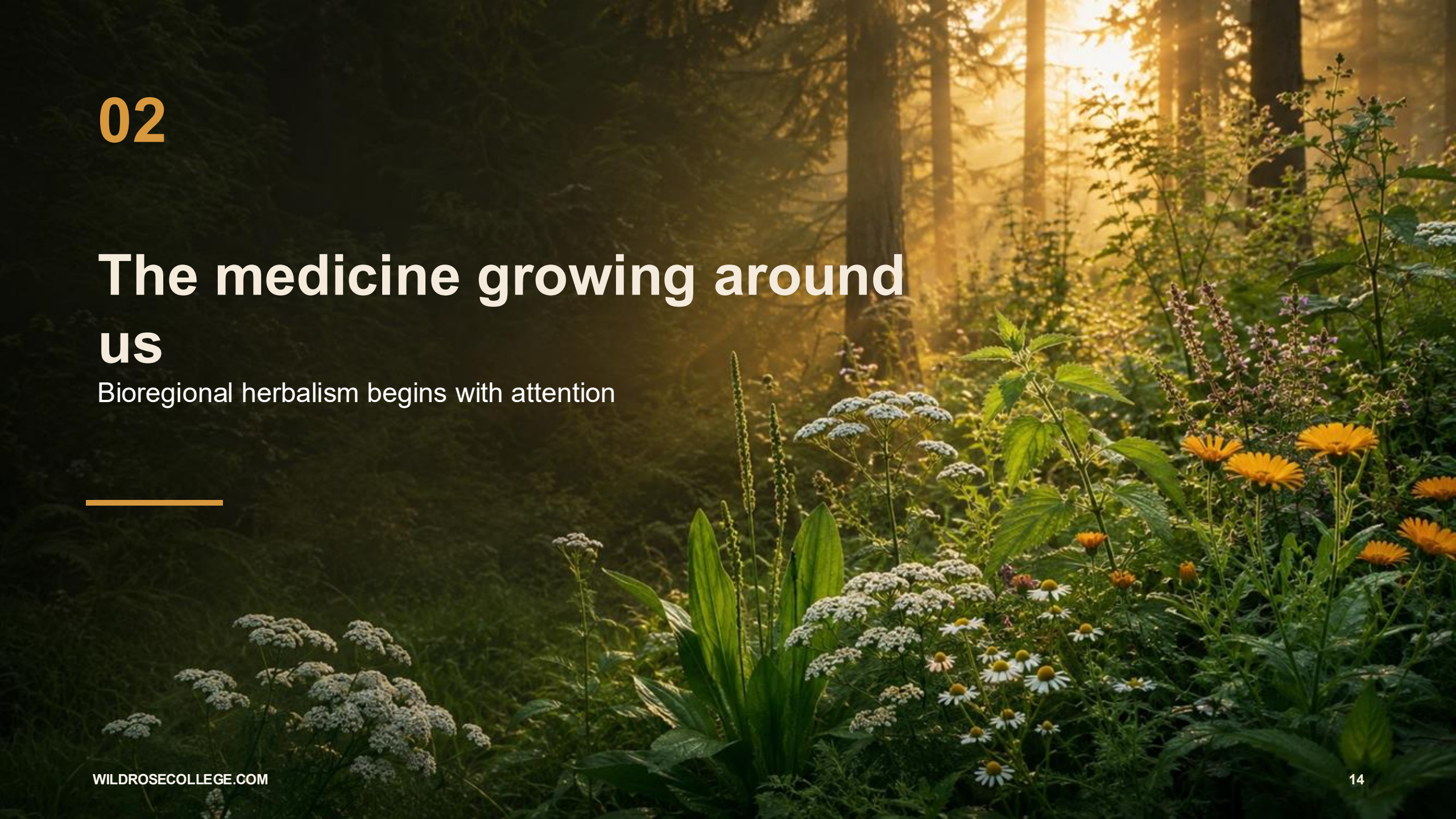
MOVEMENT

5

AFTER-FEELING

Where do you feel it? Does energy rise, descend, open or settle?

Suggested tea: peppermint, chamomile or ginger

A photograph of a forest floor at sunrise or sunset. Sunlight filters through the trees, creating a warm, golden glow. In the foreground, there are various wildflowers, including white daisies, yellow daisies, and purple flowers. The background shows tall, thin tree trunks and dense foliage.

02

The medicine growing around us

Bioregional herbalism begins with attention

BEGIN WITH WHAT IS ABUNDANT

Depth with five local plants can teach more than a list of fifty

01

Nettle

02

Dandelion

03

Plantain

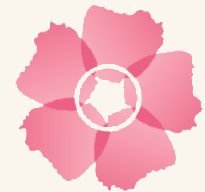
04

Yarrow

05

Local conifers

Learn habitat • taste • energetics • actions • preparation • safety



WILD ROSE
College of Herbal Medicine

Yarrow shows how one plant can become an entire curriculum

Achillea millefolium

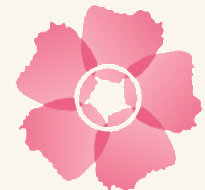
- First-aid and tissue support
- Digestive bitterness and movement
- Traditional fever support
- Circulation and boundaries
- Ecological resilience

The beginner asks

“What is yarrow good for?”

The herbalist asks

“When is yarrow the right medicine?”



Local medicine asks us to give something back

NOTICE

Learn the ecosystem before taking

ASK

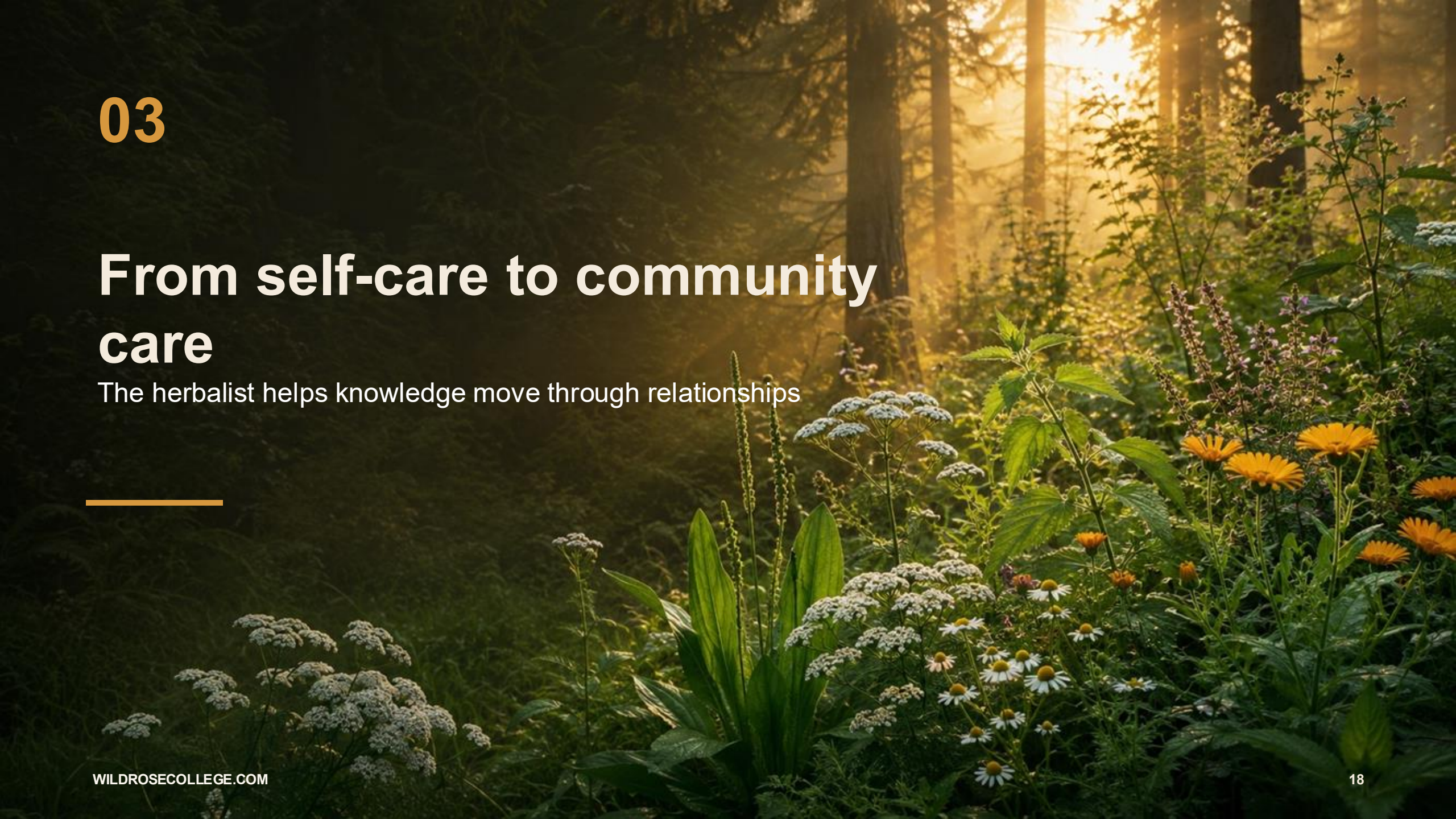
Consider permission, abundance and need

TAKE LESS

Harvest carefully and selectively

RETURN

Tend habitat, share knowledge, cultivate

A photograph of a sunlit forest floor. Sunbeams stream through the tall, thin trees in the background. The foreground is filled with lush green plants and wildflowers, including clusters of small white flowers, yellow daisies, and orange flowers. The overall mood is peaceful and natural.

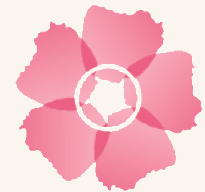
03

From self-care to community care

The herbalist helps knowledge move through relationships

Community resilience is built through ordinary acts of care

- Sharing a tea or simple remedy with family
- Growing a neighbourhood medicine garden
- Teaching children to recognize common plants
- Hosting herb walks and medicine-making circles
- Working alongside other health professionals

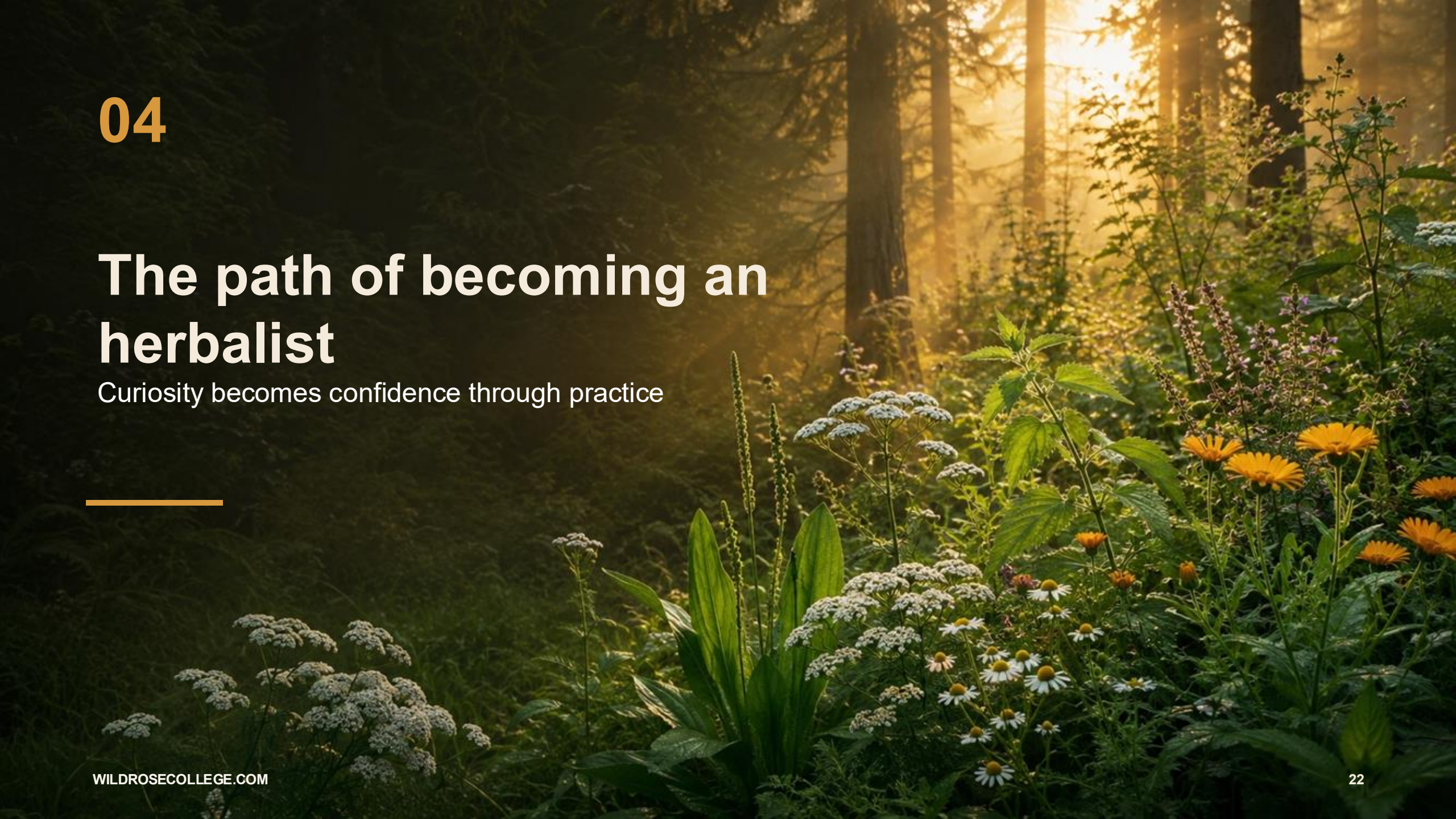


The herbalist's role is not to make people dependent upon the herbalist.

It is to restore relationship with the body, with the plants and with the wider community of life.

The modern herbalist can serve in many ways

- | | | |
|---|----------------------|----------------------------|
| 1 | HOME HERBALIST | Care for self + family |
| 2 | MEDICINE MAKER | Craft thoughtful remedies |
| 3 | GROWER + WILDCRAFTER | Tend local medicine |
| 4 | COMMUNITY EDUCATOR | Share accessible knowledge |
| 5 | CLINICAL HERBALIST | Work deeply with clients |

A photograph of a sunlit forest floor. Sunbeams stream through the tall, thin trees in the background. The foreground is filled with lush green plants and wildflowers, including clusters of small white flowers, yellow daisies, and purple blossoms. The overall mood is peaceful and natural.

04

The path of becoming an herbalist

Curiosity becomes confidence through practice

Herbal confidence rests on more than memorizing remedies

PLANTS

Materia medica
Identification
Actions + energetics

PEOPLE

**Anatomy +
physiology**
Constitution
Assessment

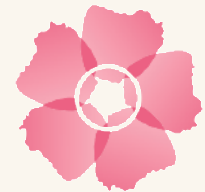
PRACTICE

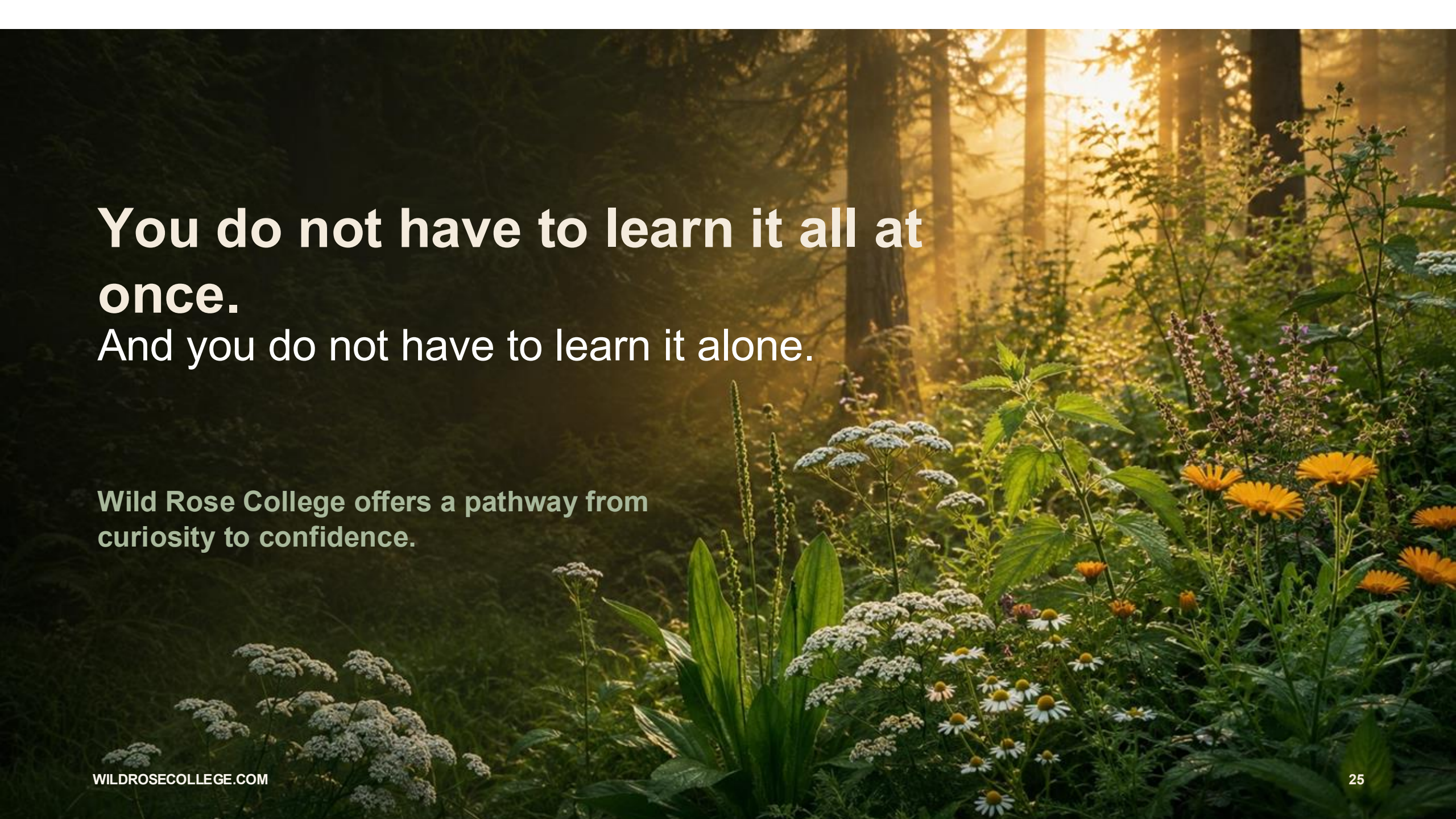
Medicine making
Formulation
Safety + ethics

Knowledge becomes wisdom through observation, repetition and relationship.

Which doorway is calling you?

- ☐ I want to care for myself and my family
- ☐ I want to make effective herbal medicines
- ☐ I want to grow, forage and know local plants
- ☐ I want to support my community
- ☐ **I want to work professionally with clients**



A photograph of a sunlit forest floor. Sunbeams stream through the tall, thin trees in the background, illuminating a variety of wildflowers and ferns in the foreground. The flowers include clusters of small white ones, several bright yellow daisies, and some purple blossoms. The ferns are lush and green. The overall atmosphere is warm and hopeful.

You do not have to learn it all at once.

And you do not have to learn it alone.

Wild Rose College offers a pathway from curiosity to confidence.



One small step

**Learn one plant deeply.
Make one remedy.
Share one act of care.**

This is how a living tradition continues.

Choose the depth that matches your intention

BEGIN

Herbology 101

Explore foundations at your own pace

BUILD

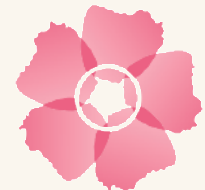
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PRACTISE

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