

## OLLI Spring 2020 Syllabus

### The Green Medicine Revolution: Ancient Remedies & Modern Illness

Date & Time: Solera: Tuesdays from 10:30am-12:15pm

Date & Time: Paradise: Tuesdays from 1:45-3:30pm

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#### \*Weekly Discussion Topics

##### **Class 1 – 2 / 4 / 20 Episode 1 - “The Quest for Lost Medicine”**

Did you know that 80% of the world still turns to natural medicine before they ever consider using a drug or surgery? The most widely used form of natural medicine by a landslide, is herbs. By the end of this series, we will have experienced a whole new perspective on the power of the plant world to heal us. We start our journey with two simple questions: What is herbal medicine and how long have we humans been using it?

##### **Class 2 – 2 / 11 / 20 Episode 2 - “The Invisible Seeds of Disease – Stress & Anxiety”**

Today, we begin with what many believe is the silent killer of our time. It's at the source of everything from heart attacks to autoimmune disorders, anxiety, chronic inflammation, digestive problems, and more – STRESS and PAIN. There are a number of incredible herbs used to alleviate pain while also helping us target the root cause of the sensation. We open with two simple questions: What is stress, or more precisely, what's actually happening in the body, and what is the effect of stress on short-term and long-term health?

##### **Class 3 – 2 / 18 / 20 Episode 3 – “Healing Your Immune System & the Miracle of the Microbiome”**

We begin by examining two intricate systems that are intertwined - the immune system and the microbiome. The relationship of our immune system to our microbiome must be understood for optimal health. A strong immune system is a vital part of a healthy and happy life, but in order to understand how we can naturally boost and balance our immune system, it's essential to understand what is happening inside our bodies on a microscopic level.

##### **Class 4 – 2 / 25 / 20 Episode 4 – “Brain Health: How to Sharpen Memory, Clarity and Focus”**

Episode 4 is solely dedicated to the beautiful organ residing between our ears, the mass of gray matter that many consider to be our body's operating system - our brain. Just about every human over the age of 50, experiences some type of dysfunction on a cognitive level from time to time. We will be exploring specific herbs and lifestyle changes that can have a powerful impact on the cognitive challenges many of us experience in our daily lives.

##### **Class 5 – 3 / 3 / 20 Episode 5 - “Silent Epidemic: Lyme Disease”**

Today's episode will focus on a quiet but devastating epidemic in the northern hemisphere, Lyme Disease. This illness is sweeping the U.S. and Europe, leaving people suffering with lifelong symptoms like joint pain, headaches, depression, fatigue, and possibly even more devastating - a feeling of helplessness. According to the CDC, 300,000 cases are diagnosed each year. Let's start with the simple question: What is Lyme Disease and how do we know if we have it?

**Class 6 – 3 / 10 / 20    Episode 6 –  
“Healthy Hearts & Happy Minds: Solving Cardiovascular Disease & Depression”**

We begin with that which is considered by both Chinese and Western herbalists to be the very conductor of our bodies. Our beating hearts are at the center of our physical function, but they're also at the center of the largest health crisis in the modern world. Did you know that the leading cause of death worldwide is cardiovascular disease? We will be exploring a number of herbs, some that literally grow in our backyards, that are helpful in the prevention and healing of heart-related illnesses. This episode will dive into the vital connection between the health of our heart and our physical, mental and emotional wellbeing.

**Class 7 – 3 / 24 / 20    Episode 7 –  
“Raising Your Energy Reserves: Getting Better Sleep, & Preventing Fatigue”**

In episode 7, we will examine how to recharge vibrance, stamina, and vitality. Energy and sleep go hand in hand, and many of us often wonder why we feel exhausted without looking at the connection that exists between the two. When was the last time you had a truly “good night’s sleep”? We'll be exploring a number of herbs that can balance our bodies, restore energy, and promote a healthy sleep cycle.

**Class 8 – 3 / 31 / 20    Episode 8 – “Cancer: Reversing the Most Dreaded Disease of Our Time”**

Episode 8 covers one of the most devastating diseases of our time - cancer. If you're a human being in the modern world, chances are you've been touched by cancer at some point in your life, whether it be a personal experience, parent, sibling, friend, or coworker. A very integrative approach to cancer is presented here, finding the most effective medicines on the planet and the herbs or other ancient remedies that are most effective when used in conjunction with promising modern therapies.

**Class 9 – 4 / 7 / 20    Episode 9 - “Intimate Connections: Hormones, Sex & Reproductive Health”**

We will be exploring the many herbal remedies that have been used for thousands of years to help with all aspects of sexual function, fertility, and hormone health. Like many of the other topics discussed in the past eight weeks, we start with a deconstruction of what is happening in our bodies on a physical and energetic level. Everything discussed will be appropriate for the in the classroom. The goal is to introduce the full spectrum of what healing plants can do, particularly in this area of life, so important to our health, happiness, and connection to our partners.

**Class 10 – 4 / 14 / 20    Recap, Review & Reflection: What have we learned?**

Reflect on topics, share comments, ask lingering questions, give constructive feedback, and celebrate our new knowledge!

\*Content/Order/Classes subject to change.

\*This class is designed as an exploration for those interested in learning more about the history, utilization, cultural relevance and controversy surrounding green medicine and botanical remedies. This class does not and is not designed to endorse any political positions, specific products, therapies or medical practices.

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