Hemp, Cannabinoids & CBD – A Deeper Dive into Healing Botanicals

Date and Time: Thursdays from 9:00-10:45am
Instructor: Tisia Procopio Stemp
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*Weekly Discussion Topics & Guests

Class 1 - 6/6/2019  Hemp, a Historical & Cultural Paradigm Shift:
How are ancient herbs changing modern medicine? Explore the new era of holistic therapies, healing botanicals and the role cannabinoids have played throughout the ages and now play in today's healthcare. Examine the historical evidence of plant-based medicines; the resurgence of herbal remedies and naturopathic treatment; and cultural impact of cannabidiol (CBD) on our modern healthcare system and traditional medical practices. Survey the class for topics of interest and further exploration during the semester relating to hemp, cannabinoids and medicinal botanicals.

Class 2 - 6/13/2019  "Hemp and Herbs and Oils, Oh My!" - Part 1
Phytonutrients and Phyto-cannabinoids
How is it that healing botanicals and oils have become so popular recently, who is using them, and why? Explore phytonutrients and phytocannabinoids, and classify a variety of healing botanicals in a variety of forms from raw plant material to CBD extract, and from essential oils to dried flowers and powered roots. Discuss psychotropic vs. non-psychotropic effects, the therapeutic powers, possible perils, and countless purposes of medicinal plants with regard to the five major systems of the human body and, of course, our endocannabinoid system.

Class 3 - 6/20/2019  "Hemp and Herbs and Oils, Oh My!" - Part 2:
Home Gardening and Herbal Consumerism
"I beg your pardon, how about an herb garden?" Investigate planting methods and care of medicinal botanicals. Examine the benefits of having healing plants and fresh herbs ready and waiting for home use. Review safe and legal, local and internet options and practices for consumers purchasing raw and dried plant matter and botanical compounds. Consider specific criteria on how, what and where to buy materials and medicinal herbal products based on the season, the environment and the individual applications of each compound.
Guest Presentation: Master Gardener / Grower

Class 4 - 6/27/2019  "Hemp and Herbs and Oils, Oh My!" - Part 3:
Ancient Books and Modern Cooks
Is it possible that our parents and grandparents may have been right? Share and compare family health traditions and rituals with ancient and modern applications. Delve deeper into the new molecular gastronomy, the unique, healthful and harmful properties of herbs, oils and many other common plants such as almonds, mint, turmeric, garlic, hibiscus, mushrooms, lavender, etc. Explore ancient recipes, natural home remedies, and modern botanical compounds, preparations and formulation techniques.
Guest Presentation: Botanical Chefs / Cooks

Class 5 - 7/11/2019  A Deeper Dive into Holistic Healthcare & Aging - Part 1:
Feeding our Endocannabinoid System:
Can food and everyday products be healthy and or harmful for seniors, our children, our grandchildren, or even our pets? Discuss the host of medicinal and nutritional hemp & CBD infused products available in today’s marketplace. Analyze and interpret FOOD & HOUSEHOLD product packaging and labeling requirements, guidelines and safeguards for use. Learn how the specific revitalizing and restorative properties of healing botanicals can help to maintain homeostasis; influence illness prevention and recovery as we age; as well as create a healthier living conditions. Understand the impact of nutrition and daily wellness practices on overall health and as proponents of a happier healthier living. Yes, food and herbs are forms of healthcare!
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Class 6 – 7/18/2019
A Deeper Dive into Holistic Healthcare & Aging - Part 2:
Everyday Living, Health & Gender
How can cannabinoids and holistic health practices effect the human body as we age as men and women? Explore the science encompassing the therapeutic uses of CBD and medicinal botanicals and compare and contrast the physiological changes and challenges we face specifically as men and specifically as women, throughout the different stages of our lives. Consider not only medicinal botanicals, cannabinoids and herbal remedies, but the myriad of other different ways in which hemp and natural products can be utilized to support more comfortable, healthier lifestyles and environment.

Class 7 – 7/25/2019
Research, Resources & Review:
What have we learned? Review and reflect on topics and discussions covered over the previous 7 weeks and discuss the most reputable websites and resources for further resources regarding cannabinoids, CBD, healing botanicals, and holistic healthcare. Share comments and take-aways, ask and answer lingering questions, give constructive feedback relating to this class, and future classes and discuss next steps. Celebrate our new knowledge!

*Content/Order/Classes subject to change.

*This class is designed as an objective informational guide for those students interested in learning more about the history, utilization, cultural relevance and controversy surrounding healing botanicals, CBD and the hemp plant. This class does not and is not designed to endorse any political positions, specific products, therapies or medical practices.