

## Certificate in Complementary Healthcare Products - Herbal Supplements



Complementary Healthcare Council  
of Australia



### 2011 Course Outline

#### Certificate in Complementary Healthcare Products – Herbal Supplements

Herbal medicine is a system of natural health care that uses the medicinal plants to treat a broad range of health conditions. The term herb can be called the 'original' medicine because it has been used throughout antiquity to prevent and treat disease, based on observations accumulated over thousands of years of use.

#### Become an expert in Herbal Supplementation

The Certificate in Complementary Healthcare Products – Herbal Supplements provides graduates with a sound understanding of herbal supplements available for retail sale in Australia and New Zealand. With a detailed description of individual herbal supplements, students will graduate with practical and theoretical knowledge of herbal supplements and their effect on the body.

#### Learning Goals

- Understand the role of herbal supplements in the complementary healthcare industry
- Speak meaningfully about individual herbal supplements, their main uses, key constituents, dosage and adverse effects.
- Enhance your existing skills you bring to your role, providing greater job opportunity
- Clarifying controversies about herbal supplements, thus improving consumer confidence and subsequently sales
- Confidence in accurately guiding customers to the herbal supplement that best match their needs

#### Career Opportunities

A 'must do' course for anyone with aspirations in the complementary healthcare industry. The skills gained upon graduation of this course will be of particular benefit to:

- Complementary healthcare retailers & pharmacy assistants
- People new to the complementary healthcare industry
- Staff of industry businesses all of whom should have this level of working knowledge:
  - Sales and Marketing staff
  - Laboratory & product development staff
  - Office and Customer Service staff

#### Course Highlights

- Self paced on-line learning with easy to understand, printable modules.
- Email tutor assistance
- Able to be completed as a stand alone certificate or as part of the Diploma of Complementary Healthcare Products

<http://moodle.chc.org.au>

## Additional Course Information

**Course Duration** – Although designed to allow you to study at your own pace, it is expected to take students between 80-100 hours to complete this course depending on previous knowledge.

**Study Mode** – On-line with printable study notes

**Entry requirements** – Completion of application form on-line at <http://moodle.chc.org.au>. Applicants must have completed Foundation Studies for Complementary Healthcare Products. Students may seek recognition of prior learning (RPL) or recognition of current competency (RCC) where appropriate.

**Assessments** - Online assessment to be taken on satisfactory completion of all modules. The 100 true/false questions must be successfully completed to graduate from the certificate.

### Cost

Member	Member	Non Member
Individual Certificate Enrolment	\$480	\$600
2 Certificate Package Enrolment	\$880	\$1100
Full Diploma (6 certificate) Enrolment	\$2600	\$3200

\* Where required Individual Modules can be purchased for \$60 (\$48 for Members)

## EXPLORE THE COURSE CONTENT

Module	Module Name	Module content
One	<b>Antioxidant herbs, &amp; adaptogenic herbs</b>	Introduction to medicinal herbs; Antioxidant herbs: Green tea, grape seed.; Adaptogen herbs: Korean ginseng, licorice, rhodiola, schisandra, Siberian ginseng, withania
Two	<b>Immune herbs</b>	Andrographis, astragalus, cat's claw, echinacea, elder, goldenseal, medicinal fungi, olive leaf, pau d'arco
Three	<b>Digestive herbs</b>	Aloe vera, cascara, chamomile, fennel, gentian, ginger, marshmallow, peppermint, rosemary, senna, slippery elm
Four	<b>Anti-inflammatory herbs &amp; respiratory herbs</b>	Anti-inflammatory herbs: Boswellia, bupleurum, celery, devil's claw, feverfew, willow bark; Respiratory herbs: Adhatoda, elecampane, horseradish, mullein, pleurisy root, thyme
Five	<b>Liver herbs &amp; skin herbs</b>	Liver herbs: Barberry, dandelion, globe artichoke, greater celandine, milk thistle; Skin herbs: Burdock, calendula, clivers, Oregon grape, sarsaparilla, yellow dock.
Six	<b>Urinary herbs &amp; male reproductive herbs</b>	Urinary herbs: Bearberry, buchu, cranberry, horsetail, pumpkin seed; Male reproductive herbs: Damiana, horny goat weed, nettle, pygeum, saw palmetto, tribulus
Seven	<b>Female reproductive herbs</b>	Black cohosh, chasteberry, dong quai, raspberry leaf, red clover, sage, shatavari, wild yam, zizyphus
Eight	<b>Metabolism herbs</b>	Bitter orange, bladderwrack, brindleberry, cinnamon, coleus, fenugreek, guaraná, gymnema, kola, yerba maté.
Nine	<b>Circulatory herbs, vision herbs</b>	Circulatory herbs: Butcher's broom, cayenne, garlic, ginkgo, hawthorn, horsechestnut, motherwort; Vision herbs: Bilberry, eyebright.
Ten	<b>Brain &amp; nerve herbs</b>	Brahmi, gotu kola, hops, lemon balm, oats, passion flower, skullcap, St John's wort, valerian, vervain.

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