



**Institute of
CHINESE
HERBOLOGY**

*Bringing 5,000
Years of
Healing Wisdom
to the West*



NEW!
Download any course
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ich-herbschool.com
and **SAVE 15%!**
(see page 8)



Thank you for your inquiry about our distance learning programs in Chinese herbology. Our programs are built around recordings of our residence course lectures. Also included are very extensive notes that correspond with the lectures, and samples of all of the herbs we discuss. We believe you'll find these courses to be a satisfying educational experience that will thoroughly prepare you for a career as a practitioner of Chinese herbology.

Naturally, some people who inquire are not yet certain that they want to commit to the entire training program. To help you choose, we have made it possible to enroll in the program on a course-by-course basis.

To register, either call our toll-free number or fill out the enclosed enrollment form and send it with your payment. You may begin whenever you wish and proceed at whatever pace suits your time and interest.

You can order all of our courses online at www.ich-herbschool.com or feel free to contact the Institute toll-free at 1-800-736-0182 if you have any questions or wish to place an order by phone.

Sincerely,

Kenneth Morris

**Kenneth Morris L.Ac., Dipl. Ac.
Director**



Institute of CHINESE HERBOLOGY

ESTABLISHED 1986

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AN ANCIENT HEALING TRADITION BRINGS NEW OPPORTUNITIES TO THE WEST

IN RECENT YEARS, the healing properties of natural herbs have received wide public attention and medical validation in the West.

In China, on the other hand, the therapeutic powers of herbal remedies have been universally accepted and applied for thousands of years. Medicinal herbology has been developed and refined by Chinese doctors over many centuries. And today, even after the widespread introduction of Western medical technology to the East, the art and science of Chinese herbology still constitutes the central component of a healthcare system that serves almost one quarter of the world's population.

With growing recognition in the West of the healing powers of Chinese herbs, an increasing demand for trained herbal practitioners is creating new career opportunities for students who dedicate themselves to learning Chinese herbology.

PROVIDING COMPREHENSIVE AND ACCESSIBLE EDUCATION IN CHINESE HERBOLOGY

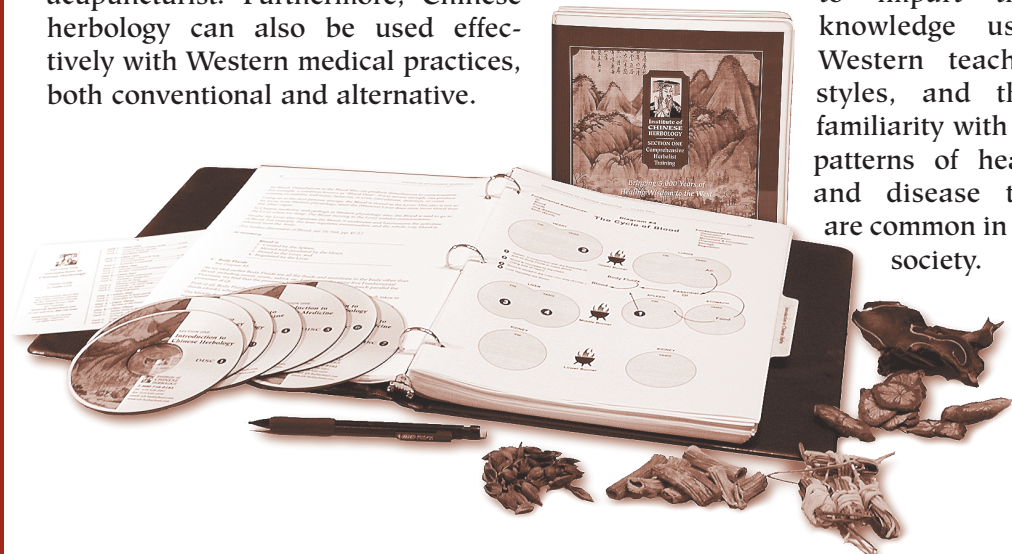
Chinese herbs and acupuncture comprise the two pillars of Chinese medicine and naturally complement each other. However, the practice of Chinese herbology is a healing system complete in itself, and achieving proficiency in its use does not require the years of extensive training required to become a licensed acupuncturist. Furthermore, Chinese herbology can also be used effectively with Western medical practices, both conventional and alternative.

The Institute of Chinese Herbology is uniquely qualified to bridge the two cultures and make this Eastern wisdom understandable and practical in the West. ICH was founded by two westerners with a combined 50 years of experience in the study and practice of Chinese medicine. ICH is the only educational institution in the United States offering a complete home study program of Chinese herbal training on audio CDs.

Learning Chinese medicine involves thinking about health and disease in ways that are unfamiliar to our common medical understanding. Unlike conventional Western medical practice which typically treats symptoms without addressing underlying causes, Chinese medicine uses sophisticated assessment techniques to understand the deeper levels of systemic imbalance that create the symptoms. The goal of treatment is to bring the entire organism back into harmony.

Gaining the holistic perspective of Chinese medicine is extremely useful because it provides a framework for understanding the value and appropriate use of a wide range of therapeutic techniques, including bodywork, acupressure, chiropractic, psychotherapy, diet and many other complementary health practices.

The proven effectiveness of the ICH educational approach is the result of the founders' extensive backgrounds in Chinese medicine, their ability to impart their knowledge using Western teaching styles, and their familiarity with the patterns of health and disease that are common in our society.



“I HAD TAKEN OTHER HERBAL CLASSES IN THE TRADITIONAL STYLE OF TEACHING AND FOUND IT DIFFICULT TO GIVE THE THEORY ITS CLINICAL APPLICATION. BECAUSE OF THE ICH COURSE, I CAME AWAY WITH THE TOOLS I NEEDED TO DIAGNOSE THE COMPLEX DISHARMONIES IN MY PATIENTS.”

— PAM ATKINS,
MADISON, WISCONSIN

CERTIFIED HERBALIST TRAINING PROGRAM

TO INSURE THAT a student is receiving a complete and in depth education in the practice of Chinese medical herbalism, we have developed the following programs.

You may register for any of the programs below and receive a *Certificate of Completion* after successfully completing all course work. In order to qualify for the *Certified Herbalist Certificate* from ICH you must complete the entire series of courses listed below.

NOTE: Health professionals who have a background in Chinese herbs may begin with Program Two. Please call or email us if you have any questions as to whether your background qualifies you to begin with this program.

CERTIFIED HERBALIST COURSE

PROGRAM ONE

COMPREHENSIVE HERBALIST TRAINING 125 HRS

PROGRAM TWO

ADVANCED HERBALIST TRAINING 132 HRS

PROGRAM THREE

CLINICAL HERBALIST TRAINING (approximately)..... 100 HRS

COURSE TOTAL 357 HRS

The above times do not include study hours; this could easily add an additional 200 hrs. There is no time limit to complete these courses. Students commonly take between 1-2 years to go through the entire program.

The *Certified Herbalist Certificate* you receive from ICH confirms that you have completed a high level course of training in Chinese medical theory and herbal formulation. You can now consider yourself a qualified herbalist who is able to effectively diagnose and prescribe herbal formulas in accordance with the principles of Traditional Chinese medicine.

CONCERNING STATE LICENSING FOR HERBALISTS

At this time, no state has authorized separate licensing for practicing herbalists. In many states, only a licensed acupuncturist or naturopath can legally prescribe herbs using a western diagnosis. However, that does not prevent you from seeing patients and suggesting formulas for them in accordance with Chinese medical theory.

So it is not using herbs that is at issue but diagnosing a western named disease and suggesting a treatment, without having a medical license issued from the state you practice in.

There are thousands of herbalists practicing in America and Europe. In the west, herbalists have been accepted as healers for hundreds of years. In China herbalists have been mainstays of the medical healing arts for thousands of years.

ACUPUNCTURE SCHOOL AND LICENSING -You can now receive credit for ICH Courses

The *Phoenix Institute of Herbal Medicine and Acupuncture* in Arizona, is the only school in the USA licensed to use our courses for their herbal program. Through a special arrangement, students who complete our program will now qualify to "test out" and receive credit for the work they have done with ICH.

This can shorten the time you need to spend in acupuncture school and lower educational fees.

CHOOSE FROM UP TO 132 HRS. OF CONTINUING EDUCATION CREDITS. (see page 6)

ICH HERBALIST TRAINING PROGRAMS WERE CREATED FOR:

- Anyone who wants to gain a thorough understanding of the use of Chinese herbs for promoting health.
- Practitioners in allied health fields – massage therapists, bodyworkers, chiropractors, Western herbalists, nurses, doctors and others who would like to broaden their practice and expertise with a complementary health care system.
- People who want to gain a working knowledge of Chinese herbs to enter or advance careers in related fields such as herbal research, preparation or sales.
- People who want to enter the health field as practitioners of Chinese herbology.
- People who have special health interests or health problems.



PROGRAM ONE

COMPREHENSIVE HERBALIST TRAINING

THE HERBALIST TRAINING PROGRAM takes approximately 125 hours to complete: The number of hours stated for each course is the total classroom time of the Residence Program course. (breaks have been eliminated on the CDs). However, since the student will occasionally stop the CD for breaks, note-taking or playback, actual listening time will generally approximate the classroom time.

We offer a discount when you purchase a complete section. Please see the enclosed enrollment form.

SECTION ONE

INTRODUCTION TO CHINESE MEDICINE

Five Classes, 12 hours

The fundamental concepts of traditional Chinese medicine are presented, including causes of disease, patterns of disharmony, and an introduction to diagnostic methods including questioning the patient and reading the tongue and pulse. This course establishes the foundation for studying Chinese herbology.

CLASS 1: Theory of Disease; Contrast of Eastern and Western Perspectives; Hot and Cold, Excess and Deficiency; Six Evils.

CLASS 2: The Functions of the Organs in Chinese Medicine; The Fundamental Processes of Chi, Blood and Body Fluids; The Emotions in Chinese Medicine.

CLASS 3: Chi, Blood, Yin and Yang; Introduction to the Pulses.

CLASS 4: Dysfunctions of the Organs; Patterns of Disease; Guides and Charts to Studying Chinese Medicine.

CLASS 5: Introduction to Diagnosis; Procedures and Methods of Questioning; Tongue Diagnosis; Questions and Review.

INTRODUCTION TO CHINESE HERBS

Eight Classes, 18 hours

A survey of the important herbs and formulas, emphasizing their properties and therapeutic uses. Includes terminology, methods of making teas, legal aspects of practicing herbology, and samples of over 60 herbs.

CLASS 1: Introduction to Chinese Herbs; Terminology and Naming Systems, Properties, Taste, Functions; Categories of Herbs; Herbs and Formulas that Tonify Chi.

CLASS 2: Books and References for the Study of Chinese Herbology; Categories of Herbs; Herbs and Formulas that Regulate Chi; Additional Chi and Spleen Tonic Formulas; Legal Aspects of Practicing Herbology.

CLASS 3: Categories of Herbs; Herbs and Formulas that Regulate and Harmonize Liver Chi.

CLASS 4: Preparation of Formulas; Dosages; Methods of Making Teas; Herbs and Formulas that Tonify Blood.

CLASS 5: Classification of Herbal Formulas; Construction of Herbal Formulas; Herbs and Formulas for Regulating Blood.

CLASS 6: Herbs and Formulas for External Wind Cold (Colds/Flus).

CLASS 7: Additional Herbs and Formulas for External Wind Cold.

CLASS 8: Herbs and Formulas for External Wind Heat (Colds/Flus).

SECTION TWO

THE ART OF DIAGNOSIS

Five Classes, 12 hours

An in-depth presentation of the primary methods of diagnosis – reading the tongue, pulse and face, plus verbal questioning. Also serves as an introduction to case analysis.

CLASS 1: Format for Interviewing a Client; Case Analysis.

CLASSES 2-5: Verbal Questioning; Differential Diagnosis; Signs and Symptoms; Observation – Tongue, Pulse and Face.

KEY CONCEPTS OF CHINESE HERBOLOGY

Five Classes, 12 hours

Three key concepts are presented: Root and Branch, Stages of Disease, and Transformations of Chi. Most classes include herbs and formulas.

CLASSES 1 & 2: Root and Branch (a discussion of the key principles that underlie the use of tonic and clearing herbs and formulas).

CLASSES 3 & 4: Six Stages of Cold (Shang Han Lun) Model of Disease; Four Phases (Levels) of Heat.

CLASS 5: Transformations of Chi (a discussion of the major Chi processes in the body).

THERAPEUTIC PRINCIPLES OF CHINESE HERBOLOGY

Eleven Classes, 27 hours

A thorough presentation of the important therapeutic principles of Chinese herbology. Each class covers a group of related herbs, formulas, disease complexes and associated symptoms and signs. All previously discussed herbs are reviewed and approximately 100 new herbs are introduced. Includes new samples.

CLASS 1: Clearing Heat and Fire; Herbs and Formulas.

CLASSES 2 & 3: Dryness, Yin Deficiency, Deficiency Fire; Herbs and Formulas for Tonifying Yin and Clearing Deficiency Fire. Kidney Yang Tonics.

CLASS 4: Relieving the Exterior (Colds / Flus); New Herbs and Formulas.

CLASS 5: Dispersing Wind and Damp; Relieving Bi Syndromes (Painful Obstructions, e.g., Arthritis); Herbs and Formulas.

CLASS 6: Clearing Wetness; Wetness in the Three Burners; Diuretic Herbs (herbs that promote the flow of water and permeate wetness) and Formulas.

CLASSES 7 & 8: Drying Wetness; Regulating Chi; Relieve Congestion; Herbs and Formulas.

CLASS 9: Vitalizing Blood; New Herbs and Formulas.

CLASS 10: Resolving Phlegm; Stopping Coughing; Herbs and formulas.

CLASS 11: Miscellaneous Yang, Shen (Spirit), Heart, and Chi Herbs and Formulas.

SECTION THREE

HERBAL THERAPIES FOR ORGAN DYSFUNCTIONS

Thirteen Classes, 32 hours

Herbal therapies for the six major classifications of organ dysfunctions are presented: lungs, spleen, liver, heart, kidney and gynecological. *Guidebook to Chinese Herbal Formulas* is provided and used with this class.

CLASSES 1, 2 & 3: Disharmonies of the Lungs; Lung Ailments, External Wind Diseases.

CLASSES 4, 5 & 6: Spleen and Stomach Disharmonies; Abdominal and Digestive Disturbances.

CLASSES 7, 8 & 9: Liver Disharmonies; Problems Relating to Liver; Heat and Chi Stagnations.

CLASS 10: Heart Imbalances.

CLASS 11: Kidney Dysfunctions.

CLASSES 12 & 13: Gynecological Problems.

CLINICAL CASE STUDIES

One Combined Class, 10 hours

Selected case studies from our residence clinical classes that illustrate the process of interviewing clients, developing a diagnosis and formulating herbal remedies.

WHERE DO I GO FROM HERE?

One Class, 2 hours

A discussion of career opportunities and requirements, how to use the Institute for ongoing education and support, ways to continue your study at home, and beginning to set up your practice.

CERTIFICATE OF COMPLETION

After completing all courses and passing a self-administered review exam, you will receive a *Certificate of Completion*. This will qualify you to continue on to **PROGRAM TWO: Advanced Herbalist Training**.



ADVANCED HERBALIST TRAINING

THIS TRAINING PROGRAM has been taught as a series of seminars to Acupuncturists, Chiropractors and Medical Doctors since 1993. It is an in depth study of the Chinese herbal system (including differential diagnosis) specifically designed for Traditional Chinese Medicine (TCM) graduates and other health professionals. Understanding the dynamics of herbal formulations is essential in order to prescribe even the patent formulas effectively. An important facet of this course is to show practitioners how to modify formulas according to the changing conditions of patients as they go through the healing process.

What sets this course apart from those taught in Acupuncture schools is that Kenneth has studied and practiced the Chinese system since 1976 and has the ability to present it in a very clear and organized manner. Although the subject matter is uniquely Asian, both the teaching style and methods are geared to optimize learning for Western minds.

The response to this course has always been unanimously positive. We believe that it is the most practical and thorough course of Chinese herbal medicine in the country. It will increase your mastery of this traditional herbal system and greatly improve your skills as a healer.

COURSE DETAILS

Our *Herbalist Training Program* is an integrated approach to learning Chinese herbal medicine. Almost all schools of herbology, both in China and in this country, present a compartmentalized approach toward teaching Chinese medicine. Medical theory, diagnosis, clinical practice, individual herbs and herbal formulas are usually presented in separate classes. It is usually not until the very end, if at all, that the student works with all the domains of Chinese medicine at the same time.

We believe that Western students learn more effectively from an integrated approach where theory, diagnostic methods, clinical practice and learning herbs and formulas are presented together in each class. In addition, emphasis is placed on clinical applications, so that students find each class to be both practical and clinically useful.

All classes include extensive notes. We have found that having an outline of each class allows the

student to focus on learning and understanding the information being taught. (Instead of trying to keep up with writing everything down.)

DESCRIPTION OF CLASSES

Each class will consist of:

- A review of symptoms and practical diagnosis related to the herbs and formulas presented.
- A thorough discussion of individual herb formulas.
- A presentation of the major Chinese patent formulas that pertain to the syndromes presented as well as some of the important American made Chinese herbal products.
- Methods of modifying basic formulas according to the differentiation of symptoms and signs.
- Case studies which will illustrate and help clarify through example.
- Home review exercises, designed to help optimize your learning. The answers will be discussed in class.

COURSE ONE • 16 HRS

A. TCM SYSTEMS REVIEW AND DIAGNOSIS

A review of important categories and systems of traditional Chinese medicine integrated with a review of crucial diagnostic criteria. This class is a foundation for the study of Chinese herbal medicine. Students find that this seminar not only provides them with a concise review of Chinese theory, but also helps to provide them with a deeper understanding of how to approach clinical diagnosis.

B. CLASSIC TONIC HERBS AND FORMULAS FOR CHI & BLOOD

Classic formulas for Chi and Blood deficiency, spleen tonics and formulas for chronic spleen wetness and yang deficiency. This class is essential for working with energy problems (general fatigue, tiredness, exhaustion) and immune deficiency. It also provides a foundation for working with digestive disorders. Also covered in this class: an overview of the history of Chinese medicine, nomenclature for studying herbs, methods of making teas and traditional ways of understanding formulas.

COURSE TWO • 16 HRS

TONIC HERBS & FORMULAS FOR KIDNEY YIN & YANG

Yin tonics for lung, stomach, liver, kidney and heart. Classic herbal formulas for Kidney Yin, Yang and Jing. This class covers all the kidney syndromes.

COURSE THREE • 16 HRS

LIVER DISHARMONIES

Herbs and formulas for all liver imbalances: Liver Chi Stagnation, Liver Yang Rising and Liver Wind, Liver Blood and Liver Yin deficiency, Shao Yang conditions, Liver Fire in the Head, Liver Congestions with Damp Heat Descending, plus liver-related eye problems.

COURSE FOUR • 16 HRS

SPLEEN, STOMACH AND DIGESTIVE PROBLEMS

Herbs and formulas for various digestive and related problems including: Spleen Wetness, food stagnation, diarrhea, constipation, Cold in the Center, Stomach Heat, Liver Invading the Stomach and Spleen. Understanding Root and Branch in the construction of formulas. This class will also include a new updated section giving the protocol for treating candida and parasites using biological supplements and the Great Smokies Lab tests.

COURSE FIVE • 16 HRS

HERBS FOR WOMEN

An in-depth presentation of theory, herbs and formulas for common gynecological conditions including: dysmenorrhea, amenorrhea, tumors, cysts, fibroids, uterine bleeding, PMS, irregular menstruation and menopause. This class will also include a new updated section discussing how to integrate some of the very effective naturopathic products into your treatment protocol. We will discuss progesterone creams, vitamins and other supplements for treating the symptoms of PMS and menopause.

COURSE SIX • 16 HRS

COLDS, FLU, COUGHS AND ASTHMA

Learn to differentiate and treat the various patterns of colds, flu, sore throat, coughs and asthma according to Chinese medicine using raw herbs and patent formulas. Prevention and treatment for resolving symptoms caused by viral strains which are basically untreatable by allopathic drugs. Every year new strains wreck havoc on the bodies of millions. After this class your patients should not need those (questionable) "flu shots."

COURSE SEVEN • 16 HRS

PAIN, INJURY AND BI SYNDROMES

Herbs and formulas and patent medicines for pain due to traumatic injury and the comprehensive topic of Bi (arthritic) syndromes. We will also discuss how to use some of the extremely effective biological supplements now available for chronic pain and arthritis.

CHOOSE FROM UP TO 132 hours OF CONTINUING EDUCATION CREDITS.

*Our Health Professionals
Training Program
has been approved for
Distance Education by
the:*

- California State
Acupuncture
Board (CEUs)
- National Certification
Commission for
Acupuncture and
Oriental Medicine
(NCCAOM) PDAs



COURSE EIGHT • 20 HRS

A. LOWER BURNER PROBLEMS

Herbs and formulas for various acute and chronic “Lower Burner” dysfunctions, including urinary tract infections, vaginal discharge and prostatitis.

B. HERBS FOR SHEN AND THE HEART

Herbs and formulas for problems of the “Heart”, including restlessness, nervousness and anxiety, insomnia and palpitations.

C. SKIN PROBLEMS

Herbs and formulas for treating various Skin Wind problems such as psoriasis, eczema and dermatitis.

CERTIFICATION: When you have successfully completed all courses in PROGRAM TWO you will receive a *Certificate of Completion*. We will then send you an application and information for continuing on to PROGRAM THREE: Clinical Herbalist Training. (see page 3)

CLINICAL HERBALIST TRAINING

ICH Homestudy Internship

Once you have completed both PROGRAM ONE and TWO you may apply for *Certified Herbalist Certification* by enrolling in PROGRAM THREE: Clinical Herbalist Training.

To become certified as an herbalist by the institute you must complete thirty written case studies and pass a written take-home examination. An instructor will work closely with you, review your case studies and give you detailed written feedback to help you improve your diagnostic and herbal formulation abilities. You may also ask questions through either email or in person by telephone. This is a great opportunity to deepen your understanding of Chinese medicine by observing the effects of your formulas on patients under the guidance of a practicing herbalist. After successful completion of PROGRAM THREE you will receive our *Certified Herbalist Certificate* and will be prepared to begin your practice with Chinese herbs. (see page 3)

ENROLLMENT IN ICH COURSES

Instruction is accompanied by a coordinated set of notes, study guides, indexes, exercises and herb samples (herb samples are optional in the Advanced Herbalist Training program). Both PROGRAM ONE and TWO are designed for self-motivated people. Although exercises and assignments are an integral part of the learning process, no formal tests or grades are given.

The ICH training is purposely structured both scholastically and financially to give students the opportunity to explore their interest in Chinese herbs without committing to a complete program in advance. ICH training programs are provided on CD media or as MP3 downloads directly from your website:

- **CD Audio Media:** The materials for each class will be shipped upon receipt of payment. The audio CDs and notes are sent to you in attractive, clearly labeled albums for convenient bookshelf storage. There is an enrollment form for additional courses enclosed with this booklet.

- **Downloaded MP3 Files:** All audio courses are downloadable from our website www.ich-herbschool.com and include extensive notes in PDF format.

Students receive a 15% discount on all downloaded courses.

For students in the USA and Canada, we will mail the herb samples separately. (Herb samples are not available for shipment outside the USA and Canada.)

“I FOUND THIS COURSE TO BE ONE OF THE MOST EFFECTIVE WAYS TO ASSIMILATE HERBAL KNOWLEDGE. BECAUSE IT WAS PRESENTED IN SUCH A THOUGHTFUL MANNER, IT WAS MUCH EASIER TO GRASP THE ESSENCE OF HOW TO ACTUALLY USE THE HERBS. THE TEACHING WAS DEFINITELY TOP-NOTCH, SENSITIVE, INCREDIBLY KNOWLEDGEABLE, INTERACTIVE, HUMBLE AND ENTERTAINING. ALL AND ALL, IT WAS FABULOUS!”

— ANDREA FRIEDMAN
WILMETTE, ILLINOIS



KENNETH MORRIS L.Ac., Dipl. Ac.

KENNETH BEGAN HIS STUDIES of Chinese medicine in 1976 with Korean Master Se Han Kim and Taoist Master Ni Hua Ching. In 1986 he graduated from the American College of Traditional Chinese medicine in San Francisco, California. He has been a student of Tai Chi Chuan since 1975.

Ken has traveled extensively and lived in Southeast Asia to study Vipassana meditation. He is one of the founders and is on the board of directors of Saddhama Foundation, which serves to promote the practice of Vipassana meditation as taught by Sayadaw U Pandita of Burma.

In 1986 Ken co-founded the Institute of Chinese Herbology and has taught comprehensive herbal seminars to health professionals around the country. He has also practiced acupuncture and herbal medicine in the San Francisco Bay Area since 1986. He is an herbal consultant to several companies and a faculty member of the Phoenix Institute of Herbal Medicine and Acupuncture (www.pihma.edu).

Ken has developed a line of premium liquid herbal extracts offered exclusively through Pacific Biologic.* These formulas are based on his 30+ years experience treating patients with herbal remedies.

*For a free educational brochure describing each of these herbal products, please call Pacific Biologic at 1 800 869 8783 or email pacbio@pacificbiologic.com www.pacificbiologic.com

PRIMARY INSTRUCTOR

REECE SMITH, L.Ac.

REECE, THE AUTHOR of *Guidebook to Chinese Herbal Formulas* and *A Basic Guide to Understanding Chinese Medicine*. After beginning study of Chinese medicine in 1982, Reece became certified in Chinese herbology by the Institute for Traditional Medicine, Portland, Oregon in 1984. He graduated from the San Francisco College of Acupuncture in 1986. An experienced educator, Reece taught in public schools for more than 15 years.

ASSISTING INSTRUCTORS:

SYLVIA NACHLINGER, C.M.T.

SYLVIA HAS BEEN A BODYWORK and acupressure teacher since 1979. She has studied Chinese herbs at the Institute of Chinese Herbology and has also taught western herbology.

BARBARA WILT, L.Ac., M.A.

BARBARA STUDIED ACUPUNCTURE, herbs and shiatsu for two years in Japan, and received her California Acupuncture license in 1987. Barbara has a private practice specializing in immune dysfunction and women's health issues, in Oakland, California.



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**“SHORT OF ATTENDING A FOUR-YEAR DEGREE PROGRAM,
THE INSTITUTE'S COMPREHENSIVE PRACTITIONER
TRAINING IS THE BEST BEGINNING STUDY
PROGRAM OF CHINESE HERBS.”**

FROM THE ARTICLE
“HAVE YOU CONSIDERED HERB SCHOOL?”
VEGETARIAN TIMES MAGAZINE

www.ich-herbschool.com