



SELF-CARE INSTITUTE

FINDING AID

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Location: Wauwatosa, WI 53213 USA

Self-Care Institute, Established 2018

The Self-Care Institute houses the book, video, and audio Self-care collections of Golden Apple Healing Arts, LLC. Other holdings include the Atkins – Elin Archives and the Libster Nursing Collection.

Collection Details

Historical Note

Library and Archival collections started to form in 1999. Golden Apple Publications produced its first book in 2004. Historical acquisitions began in 2005. The Self-care Institute opened virtually in 2018 with seven departments.

Description

This finding aid may be used to identify the location for recorded webinars and other materials in the Self-care Institute. There are 7 Departments in the Self-care Institute:

- *Precision Self-care with Plants*
- *For Your Family*
- *Spirituality and Consciousness*
- *Bamboo Bridge Global Tea House*
- *Nurse-Herbalism*
- *Integrative Holistic care*
- *Recipes & Remedies*

Books

Books are cataloged separately and are available onsite for members with permission to access or for purchase at www.GoldenAppleHealingArts.com/store or your bookseller.

Related Materials

Resources related to the [Choreosophy Institute](#) are archived in the Departments of Spirituality and Consciousness and Bamboo Bridge Global Tea House. The resources related to the [Nurse-Herbalist Institute](#) are archived in the Nurse-Herbalist Department.

Location of Originals

All recorded webinars are the intellectual property of Golden Apple Healing Arts, LLC.

Using the Collection

Use of the collection is reserved for members of the Self-care Institute.

Additional Information

Department Key

Self-Care Institute = SCI

Precision Self-care with Plants as Partners (Department) = PSCPP

Integrative Holistic Care (Department) = IHC

For Your Family (Department) = FYF

Spirituality and Consciousness (Department) = SC

Bamboo Bridge Global Tea House (Department) = BBGTH

Nurse-Herbalism (Department) = NH

Recipes and Remedies (Department) = RR

Simple Solutions (Videos) = SS

YouTube = YT

Study Bundle = SB

Golden Apple Healing Arts = GAHA

Guest Speakers and Authors' names appear this way - (Name)

Instructions About Searching this Finding Aid

To look for a specific word, phrase, theme, etc. on the Self-Care Institute webpage or Self-Care Institute Finding Aid, try this shortcut:

command + F, type your word or phrase in the space provided, and click 'enter'

<i>Description</i>	<i>Type</i>	<i>Department</i>	<i>Green Circle #</i>
<i>Adaptation</i>	<i>Webinar</i>	<i>FYF</i>	<i>XVIII</i>
<i>Adaptogens</i>	<i>Study Bundle</i>	<i>PSCPP</i>	<i>XIX</i>
<i>Addiction (See Lifestyle Choices)</i>	<i>Webinar</i>	<i>NH</i>	<i>XXIV</i>
<i>Agni</i> <i>Managing Agni or Fire</i> <i>"Power Elements Within: Spiritual Connection Solutions for a Nuclear Energy Age" (Libster)</i>	<i>Video, SS (3:07)</i> <i>Article</i>	<i>FYF</i> <i>SC</i>	<i>VI</i> <i>IV</i>
<i>Aloe Vera</i> <i>Burn Healing</i> <i>Wound Care</i> <i>Skin Care, Plaster Demo</i>	<i>Article</i> <i>Article</i> <i>Webinar</i>	<i>FYF</i> <i>FYF</i> <i>FYF</i>	<i>XVI</i> <i>XVI</i> <i>XVI</i>
<i>Applications, Nurse-Herbalism</i> <i>Essential Oils, Precision Blend of Herbal Packs, Wraps, and Footbaths</i> <i>Quantum Physics in the Science of Nurse-Herbalism</i> <i>Science of Energy Flow Foot Reflexology with Herbal Stress Relief (Libster)</i> <i>Topical, Herbal Simples</i>	<i>Retreat</i> <i>Retreat</i> <i>Retreat</i> <i>Book, Retreat</i> <i>Retreat</i>	<i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i>	<i>I</i> <i>I</i> <i>I</i> <i>I</i> <i>I</i>
<i>Attachment</i> <i>Connection and Belonging</i> <i>Connection with Nature</i> <i>Weeding Unhealthy Attachments</i> <i>Breath</i> <i>Five Element Foot Bath</i> <i>Full Baths</i> <i>Incense with Meditation</i> <i>Smudge</i> <i>Tea (Infusion)</i>	<i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i>	<i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i>	<i>XIII</i> <i>XIII</i> <i>XIII</i> <i>XIII</i> <i>XIII</i> <i>XIII</i> <i>XIII</i> <i>XIII</i> <i>XIII</i> <i>XIII</i>
<i>Attention, ADD and ADHD</i>	<i>Study Bundle</i>	<i>PSCPP</i>	<i>XIX</i>
<i>Baths</i> <i>Footbaths; Five Element Footbaths</i> <i>Full Body Baths</i>	<i>Book, Webinar</i> <i>Webinar</i>	<i>PSCPP, SC, IHC</i> <i>IHC</i>	<i>III, V, XX/XIII</i> <i>XIII</i>
<i>Behavior, human</i>	<i>Study Bundle</i>	<i>PSCPP</i>	<i>XIX</i>
<i>Belonging</i>	<i>Webinar, SB</i>	<i>SC</i>	<i>XXII</i>
<i>Blue Lotus</i>	<i>Herb Brief</i>	<i>SC</i>	<i>XXI</i>
<i>Botanicals, Business of (Ann Armbrecht)</i>	<i>Webinar</i>	<i>PSCPP</i>	<i>XIV</i>

<i>Botany (Trish Flaster)</i>			
<i>Plant Identification</i>	<i>Webinar</i>	<i>PSCPP</i>	<i>XV</i>
<i>Taxonomy</i>	<i>Webinar</i>	<i>PSCPP</i>	<i>XV</i>
<i>Sensory Perception</i>	<i>Webinar</i>	<i>PSCPP</i>	<i>XV</i>
<i>Sensory Testing</i>	<i>Webinar</i>	<i>PSCPP</i>	<i>XV</i>
<i>Brain Health and Belonging</i>			
<i>Overcoming Cravings and Addictions</i>			
<i>12-Step Plan</i>	<i>Webinar, SB</i>	<i>SC</i>	<i>XXII</i>
<i>Doctrine of Signatures</i>	<i>Webinar, SB</i>	<i>SC</i>	<i>XXII</i>
<i>Dopamine</i>	<i>Webinar, SB</i>	<i>SC</i>	<i>XXII</i>
<i>Energetics First</i>	<i>Webinar, SB</i>	<i>SC</i>	<i>XXII</i>
<i>Simples, Herbal</i>	<i>Webinar, SB</i>	<i>SC</i>	<i>XXII</i>
<i>Breathing,</i>	<i>Book (Chapter</i>	<i>PSCPP</i>	<i>XX</i>
<i>The Thinking Body by Todd</i>	<i>VIII)</i>		
<i>Breathing Technique</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIII</i>
<i>Buddhism</i>			
<i>Buddha-Nature</i>	<i>Webinar</i>	<i>SC</i>	<i>XVI</i>
<i>Buddhist Ethics</i>			
<i>Noble Eightfold Path</i>	<i>Webinar</i>	<i>SC</i>	<i>XVII</i>
<i>Self-Responsibility</i>	<i>Webinar</i>	<i>SC</i>	<i>XVII</i>
<i>Caring Ethics</i>	<i>Webinar</i>	<i>SC</i>	<i>XVII</i>
<i>Five Dhyani Buddhas</i>	<i>Webinar</i>	<i>SC</i>	<i>XVI</i>
<i>Maitreya</i>	<i>Webinar</i>	<i>SC</i>	<i>XVI</i>
<i>Tibetan Buddhism</i>	<i>Webinar</i>	<i>SC, IHC</i>	<i>XVI, XIII</i>
<i>Tushita Heaven</i>	<i>Webinar</i>	<i>SC</i>	<i>XVI</i>
<i>Calendula</i>	<i>Webinar</i>	<i>FYF</i>	<i>XVI</i>
<i>Cancer Care, See Restoration</i>	<i>Webinar</i>	<i>IHC</i>	<i>XXII</i>
<i>Care and Keeping of Families (Victoria Brailsford)</i>			
<i>Montessori Approach</i>	<i>Webinar</i>	<i>FYF</i>	<i>V</i>
<i>Caring Ethics (April Hejka-Ekins)</i>			
<i>Four Principles</i>	<i>Webinar</i>	<i>SC</i>	<i>XVII</i>
<i>Carmelite Water</i>	<i>Webinar, SB,</i>	<i>SC</i>	<i>XXIII</i>
<i>Recipe</i>	<i>Recipe</i>		
<i>Chamomile</i>	<i>Herb Brief</i>	<i>FYF</i>	<i>XIII</i>
<i>See German Chamomile</i>			
<i>Christianity</i>			
<i>See Horticultural Therapy (Jonathan Irish)</i>	<i>Webinar</i>	<i>SC</i>	<i>XV</i>
<i>Climate Change</i>			
<i>See Elements of Care</i>			
<i>See Reforming Healthcare</i>			
<i>Clinical Homeopathy</i>			
<i>See Homeopathy</i>			

<i>Coffee</i>	<i>Webinar, SB</i>	<i>SC, IHC</i>	<i>XXII, XXI</i>
<i>Cognitive Impairment</i> <i>Lemon Balm / Melissa</i> <i>Melissa Tea</i>	<i>Article</i> <i>Article</i>	<i>SC</i> <i>SC</i>	<i>XXIII</i> <i>XXIII</i>
<i>Comfort and Pain Relief</i> <i>Evening Primrose*</i> <i>Feverfew*</i> <i>“Integrative care – product and process (Libster)</i> <i>Lavender*</i> <i>Mustard*</i> <i>*See Full Herb Profiles: Integrative Herb Guide (Libster), chapter 7</i>	<i>Webinar</i> <i>Webinar</i> <i>Article</i> <i>Webinar</i> <i>Webinar</i>	<i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i>	<i>XV</i> <i>XV</i> <i>XV</i> <i>XV</i> <i>XV</i>
<i>Comfort Soups (SCI’s Soup Gramma, Anne Walters)</i>	<i>Webinar</i>	<i>FYF</i>	<i>IX</i>
<i>Constructive Rest</i>	<i>Video, YT</i>	<i>PSCPP</i>	<i>XX</i>
<i>Coping with Stress of Change</i> <i>Adaptogen Action</i> <i>Adaptogens</i> <i>Change = Movement</i> <i>Complementarity</i> <i>Fostering Creativity</i> <i>Ginger Roll On</i> <i>Managing Transitions</i> <i>Mullein Flower Ear Oil</i> <i>Peaceful Safe Place Meditation</i> <i>Rose Water</i> <i>Stinging Nettle</i> <i>Stop the Spinning</i> <i> Gentle Remedy: Lemongrass Tea</i> <i> Gentle Remedy: Oatmeal Cookies</i> <i>Therapeutic Foot Baths</i> <i>Transmuting Imperil*</i> <i>*See Imperil, Transmuting Imperil (Libster)</i>	<i>Webinar</i> <i>Study Bundle</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i>	<i>IHC</i> <i>PSCPP</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i>	<i>IX</i> <i>XIX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i> <i>IX</i>
<i>Coughs and Colds</i> <i>Alternatives to OTC Medicines</i> <i>Recipes and Remedies</i>	<i>Article</i> <i>Article</i>	<i>FYF</i> <i>FYF</i>	<i>XIII</i> <i>XIII</i>
<i>COVID 19 Treatment</i> <i>Ivermectin</i> <i>Coronavirus Reinfections</i>	<i>Video, YT</i> <i>Article</i>	<i>IHC</i> <i>PSCPP</i>	<i>VII</i> <i>II</i>
<i>Cranberry Sherbet</i>	<i>Recipe</i>	<i>FYF, NH, RR</i>	<i>VIII, XXII, VI</i>
<i>Culpeper, Nicholas</i> <i>Herbalist</i>	<i>Article</i>	<i>NH</i>	<i>VI</i>

<i>Cultural Diplomacy Model</i>			
<i>Complementarity of Four Paradigms</i>	<i>Video, YT</i>	<i>BBGTH</i>	<i>XI</i>
<i>Biomedical</i>	<i>Video, YT</i>	<i>BBGTH</i>	<i>XI</i>
<i>Complementary Therapies</i>	<i>Video, YT</i>	<i>BBGTH</i>	<i>XI</i>
<i>Traditional</i>	<i>Video, YT</i>	<i>BBGTH</i>	<i>XI</i>
<i>Self-Care</i>	<i>Video, YT</i>	<i>BBGTH</i>	<i>XI</i>
<i>See Perspectives on Cultural Diplomacy</i>			
<i>Dandelion</i>	<i>Webinar</i>	<i>PSCPP, NH</i>	<i>XI, X</i>
<i>De-escalation</i>			
<i>How/What Questions</i>	<i>Video, SS (3:14 min)</i>	<i>FYF</i>	<i>VI</i>
<i>Depression</i>			
<i>Major Depressive Disorder</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Symptoms</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Cultivating Happiness</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Energetics</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Traditional Chinese Medicine</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Happiness Hormones</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Plowing Rows of Happiness</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Order and Organization</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Shaker Gardens</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Remedies for Depression Pattern</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Bach Flower Remedies</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Balance in Body and Peace of Mind</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Bergamot Essential Oil</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Coffee</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Lemon Balm</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Marijuana</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Rescue Remedy</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Saffron</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Salvia Miltiorrhiza (Dan Shen)</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Shen (Spirit)</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Soups</i>	<i>Webinar</i>	<i>FYF, IHC</i>	<i>IX, XIV</i>
<i>St. Johns Wort</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIV</i>
<i>Detoxification, Roots of</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIII</i>
<i>With Coffee</i>	<i>Webinar</i>	<i>PSCPP</i>	<i>I</i>

<p><i>Digestion</i></p> <p><i>Eating as a Healing Experience</i></p> <p><i>Energetics First</i></p> <p><i>Eight Principle Patterns</i></p> <p><i>Herbs that Aide</i></p> <p><i>Ginger*</i></p> <p><i>Horseradish*</i></p> <p><i>Lemon*</i></p> <p><i>Lemon Qi Remedy</i></p> <p><i>The Yellow Emperor's Classic of Medicine by Maoshing Ni</i></p> <p><i>The Five Tastes</i></p> <p><i>*See Full Herb Profiles: Integrative Herb Guide (Libster), chapter 13</i></p>	<p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p>	<p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p>	<p><i>XVII</i></p> <p><i>XVII</i></p> <p><i>XVII</i></p> <p><i>XVII</i></p> <p><i>XVII</i></p> <p><i>XVII</i></p> <p><i>XVII</i></p> <p><i>XVII</i></p> <p><i>XVII</i></p> <p><i>XVII</i></p>
<p><i>Diplomacy (Health Culture Diplomacy)</i></p> <p><i>"Yes, and..."</i></p>	<p><i>Video, SS</i></p> <p><i>(3:10)</i></p>	<p><i>FYF</i></p>	<p><i>VI</i></p>
<p><i>Disruptive Behavior (Infants), Dealing with</i></p> <p><i>Gentle Remedies</i></p> <p><i>Bach Flower Remedies</i></p> <p><i>Environment and Lifestyle Management</i></p> <p><i>Herbal Simples</i></p> <p><i>Hot Water Bottles</i></p> <p><i>Infant Massage Education</i></p> <p><i>Lullabies</i></p> <p><i>Oatmeal Baths</i></p> <p><i>Non-Drug Solutions</i></p>	<p><i>Article</i></p> <p><i>Article</i></p> <p><i>Article</i></p> <p><i>Article</i></p> <p><i>Article</i></p> <p><i>Article</i></p> <p><i>Article</i></p> <p><i>Article</i></p> <p><i>Article</i></p>	<p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p>	<p><i>VII</i></p> <p><i>VII</i></p> <p><i>VII</i></p> <p><i>VII</i></p> <p><i>VII</i></p> <p><i>VII</i></p> <p><i>VII</i></p> <p><i>VII</i></p> <p><i>VII</i></p>
<p><i>Doctrine of Signatures</i></p>	<p><i>Webinar, SB</i></p> <p><i>Webinar</i></p>	<p><i>SC</i></p> <p><i>PSCPP, NH</i></p>	<p><i>XXII</i></p> <p><i>V, VIII</i></p>
<p><i>Easing Anxiety, Young Children (Victoria Brailsford)</i></p> <p><i>Consistency</i></p> <p><i>Hands on Activities</i></p> <p><i>Movement</i></p> <p><i>Preparing the Environment</i></p> <p><i>Promoting Peace</i></p>	<p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p>	<p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p> <p><i>FYF</i></p>	<p><i>V</i></p> <p><i>V</i></p> <p><i>V</i></p> <p><i>V</i></p> <p><i>V</i></p>
<p><i>Eight Principal Patterns (Roger Wicke)</i></p>	<p><i>Webinar</i></p>	<p><i>PSCPP,</i></p> <p><i>IHC, NH</i></p>	<p><i>IX, I, II</i></p>

<p><i>Elements of Care</i></p> <p><i>Gentle Medicine for Balance in Body and Peace of Mind: The Elements of Care Program. (Libster)*</i></p> <p><i>Precision Self-Care for Nurses: The Elements of Care® Program for Beating Burnout (Libster)*</i></p> <p><i>*Available in Print and Download. Online Course under Nurse Herbalist Program – Module 1.</i></p>	<p><i>Book</i></p> <p><i>Book, Online Course</i></p>	<p><i>IHC</i></p> <p><i>IHC, NH</i></p>	<p><i>I</i></p> <p><i>I, II</i></p>
<p><i>Eleuthero (Siberian Ginseng)</i></p>	<p><i>Webinar</i></p>	<p><i>FYF</i></p>	<p><i>XVIII</i></p>
<p><i>Elimination</i></p> <p><i>Cascara Sagrada*</i></p> <p><i>Classical Traditional Chinese Med Five Phases System of Correspondences</i></p> <p><i>The Sacred Teachings of The Yellow Emperor</i></p> <p><i>Clearing the Picture</i></p> <p><i>Tao of Integrative Nursing Assessment (Libster)</i></p> <p><i>Cranberry*</i></p> <p><i>Cranberry Sherbet Recipe</i></p> <p><i>Licorice Root</i></p> <p><i>Psyllium*</i></p> <p><i>Saw Palmetto*</i></p> <p><i>*See Full Herb Profiles: Integrative Herb Guide (Libster), chapter 12</i></p>	<p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar, Chart</i></p> <p><i>Book Excerpt</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Recipe</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p>	<p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p> <p><i>NH</i></p>	<p><i>XXII</i></p> <p><i>XXII</i></p> <p><i>XXII</i></p> <p><i>XXII</i></p> <p><i>XXII</i></p> <p><i>XXII</i></p> <p><i>XXII</i></p> <p><i>XXII</i></p> <p><i>XXII</i></p> <p><i>XXII</i></p>
<p><i>Emotions, And Adaptation</i></p> <p><i>Clarity Emotional Self-Regulation</i></p> <p><i>Dialectic Behavioral Skills</i></p> <p><i>Embrocations</i></p> <p><i>Extracts</i></p> <p><i>Herbal Essences</i></p> <p><i>Stress</i></p>	<p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p> <p><i>Webinar</i></p>	<p><i>FYF</i></p> <p><i>PSCPP, FYF</i></p> <p><i>PSCPP, FYF</i></p> <p><i>PSCPP, FYF</i></p> <p><i>PSCPP, FYF</i></p> <p><i>PSCPP, FYF</i></p>	<p><i>XVIII</i></p> <p><i>XIII, XI</i></p> <p><i>XIII, XI</i></p> <p><i>XIII, XI</i></p> <p><i>XIII, XI</i></p> <p><i>XIII, XI</i></p>
<p><i>Emotions</i></p> <p><i>Moving through Emotions</i></p> <p><i>Sitting with Emotions</i></p>	<p><i>Study Bundle</i></p> <p><i>Study Bundle</i></p>	<p><i>PSCPP</i></p> <p><i>PSCPP</i></p>	<p><i>XIX</i></p> <p><i>XIX</i></p>

<i>Energetics Foods</i>	<i>Webinar, SB Webinar</i>	<i>PSCPP FYF</i>	<i>XVIII IX</i>
<i>Energy, Simplicity and Power of Herbalism</i>	<i>Webinar</i>	<i>IHC</i>	<i>XXI</i>
<i>Energy Flow, Science of Applications to the Feet Chakras Demonstration of SEF Treatment Essential Oils, Safe Topical Use of Hand Hold Techniques Healing Traditions Pattern Recognition Peace through the Feet Stress Relief</i>	<i>3 Hour Webinar Self-Study Course</i>	<i>PSCPP, IHC PSCPP, IHC PSCPP, IHC PSCPP, IHC PSCPP, IHC PSCPP, IHC PSCPP, IHC PSCPP, IHC PSCPP, IHC</i>	<i>III, XX III, XX III, XX III, XX III, XX III, XX III, XX III, XX III, XX</i>
<i>Energy Therapies See Foot Reflexology with Herbal Stress Relief: Science of Energy Flow (Libster)</i>	<i>Book</i>	<i>PSCPP, IHC</i>	<i>III, XX</i>
<i>Environmental Restoration</i>	<i>Webinar</i>	<i>PSCPP, BBGTH</i>	<i>VIII, VII</i>
<i>Essential Oils (Mindy Green) Aroma Aromatic Bathing Frankincense Lavender Methods of Application Orange Rose Safe Use/Basic Dilutions Self-Care Action Steps Sweet Marjoram</i>	<i>Webinar Webinar Webinar Webinar Webinar Webinar Webinar Webinar Webinar Webinar</i>	<i>IHC IHC IHC IHC IHC IHC IHC IHC IHC IHC</i>	<i>XI XI XI XI XI XI XI XI XI XI</i>
<i>Ethics Buddhist Ethics Caring Ethics Ethical Sourcing</i>	<i>Webinar Webinar Webinar</i>	<i>SC SC PSCPP, NH</i>	<i>XVII XVII XIV, XVI</i>
<i>Ethnobotany (Trish Flaster) Agriculture Beverages Dyes Food Fragrances Medicine Ornamentation Sustainability Textiles</i>	<i>Webinar Webinar Webinar Webinar Webinar Webinar Webinar Webinar Webinar</i>	<i>PSCPP PSCPP PSCPP PSCPP PSCPP PSCPP PSCPP PSCPP PSCPP</i>	<i>XVI XVI XVI XVI XVI XVI XVI XVI XVI</i>

<i>Existentialism</i>	<i>Webinar</i>	<i>FYF</i>	<i>XVIII</i>
<i>Eyes, Dry Yawning</i>	<i>Video, SS (5:27)</i>	<i>FYF</i>	<i>VI</i>
<i>Face Masks</i>	<i>Articles</i>	<i>PSCPP</i>	<i>II</i>
<i>Family Self-care</i>	<i>Department Book</i>	<i>FYF PSCPP, IHC</i>	<i>All III, XX</i>
<i>Feminine Element, Mother</i>	<i>Webinar</i>	<i>SC</i>	<i>XVI</i>
<i>Fennel</i>	<i>Webinar</i>	<i>FYF</i>	<i>XV</i>
<i>Five Elements See Elements of Care “Behind the Shield: A Perspective on H1N1 From the Inner Terrain,” (Libster) Seated Tai Chi (Jeffery Gay)</i>	<i>Article Webinar</i>	<i>IHC IHC</i>	<i>VII VIII</i>
<i>Flower System, Bach</i>	<i>Webinar</i>	<i>PSCPP, FYF, SC, IHC</i>	<i>XVII, XII, XX, X</i>
<i>Food, Energetics of</i>	<i>Webinar</i>	<i>PSCPP, FYF</i>	<i>XIII, XI</i>
<i>Foot Foot Reflexology with Herbal Stress Relief: Science of Energy Flow Foot Baths Foot Wraps</i>	<i>Book Book, Webinar Book</i>	<i>PSCPP, IHC PSCPP, SC, IHC PSCPP, IHC</i>	<i>III, XX III, V, XX/XIII III, XX</i>
<i>Formulation Signature Muron</i>	<i>Webinar</i>	<i>SC</i>	<i>VI</i>
<i>Gardening A Spiritual Exercise</i>	<i>Webinar</i>	<i>FYF</i>	<i>XV</i>
<i>Gentle Medicine</i>	<i>PowerPoint with Audio Podcast</i>	<i>PSCPP, NH PSCPP</i>	<i>VII, XV XXI</i>
<i>German Chamomile, Steam Inhalation See Full Herb Profile: Integrative Herb Guide (Libster), pages 397 – 408</i>	<i>Herb Brief Video, SS (1:41 min)</i>	<i>FYF FYF</i>	<i>XIII VI</i>
<i>Ginger, See Full Herb Profile: Integrative Herb Guide (Libster), pages 488 - 500</i>	<i>Webinar</i>	<i>FYF</i>	<i>XVII</i>
<i>Ginseng, American</i>	<i>Webinar, SB</i>	<i>SC, IHC</i>	<i>XXII, XXI</i>
<i>Greater Celandine, See Full Herb Profile: Integrative Herb Guide (Libster), pages 755 - 761</i>	<i>Herb Brief</i>	<i>PSCPP</i>	<i>XVIII</i>
<i>Green World</i>	<i>PowerPoint with Audio</i>	<i>PSCPP, NH</i>	<i>VII, XV</i>

<i>H1N1, A Perspective on Body Awareness Inner Self (Inner Terrain) Five Elements of Self Shields Up Approach</i>	<i>Article (“Behind the Shield: A Perspective on H1N1 From the Inner Terrain,” (Libster)</i>	<i>PSCPP, IHC PSCPP, IHC PSCPP, IHC PSCPP, IHC</i>	<i>VI, VII VI, VII VI, VII VI, VII</i>
<i>Happiness, Longest Study on (Robert Waldinger) Relationships, Quality of</i>	<i>Video, TED Talk</i>	<i>SC</i>	<i>XIX</i>
<i>Healing Change Transition</i>	<i>Webinar Webinar</i>	<i>PSCPP, FYF PSCPP, FYF</i>	<i>XIII, XI XIII, XI</i>
<i>Healing, Spiritual (Helen Erickson)</i>	<i>Webinar</i>	<i>PSCPP, FYF, NH</i>	<i>X, IV, XVII</i>
<i>Health Belief Model Perceived Barriers, Benefits, Severity and Susceptibility</i>	<i>Article</i>	<i>PSCPP</i>	<i>II</i>
<i>Heath Culture Diplomacy Bamboo Bridge Global Tea House, About Healing Our Youth and A Nation Global Tea Houses Traditional and Indigenous Healing Perspectives on Cultural Diplomacy Vol 1: Nursing * Reconciliation of Historical Trauma Dakota 38 “The United States-Dakota War Trials: A Study in Military Injustice” (Chomsky) The White Roots of Peace, Reading of Traveling Tepee Village (Matthew Black Eagle Man) Empowering Youth Preservation</i>	<i>Article, Video Video, YT Video, YT Video, YT Journal Film Film Article Videos, YT Video, YT Video, YT Video, YT</i>	<i>BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH</i>	<i>XIII, XI XI XI XI XII IV IV IV IX X X X</i>
<i>*Includes 3 Articles. See GAHA Store. Free Download for Members with Code</i>			

<i>Health Promotion</i> <i>See Salutogenesis</i>			
<i>Helena Blavatsky</i> <i>H.P.B.: The Extraordinary Life and Influence of Helena Blavatsky</i> <i>Founder of the Modern Theosophical Movement (Cranston)</i> <i>Free Download of Classic Biography</i>	<i>Book</i>	<i>SC</i>	<i>XII</i>
<i>Herbal Diplomats (Libster)</i>	<i>Book,</i> <i>Webinar, SB</i>	<i>SC, NH</i>	<i>XXIII, IV</i>
<i>Herbal Formulation</i> <i>Classical Chinese Medicine</i> <i>Eight Principle Patterns</i> <i>Fundamental Processes</i> <i>Six Principles of Combining</i> <i>Lemon Bread</i> <i>Practice with Soups</i> <i>Valerian</i>	<i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i>	<i>PSCPP, SC, NH</i> <i>PSCPP, SC, NH</i> <i>PSCPP, SC, NH</i> <i>PSCPP, SC, NH</i> <i>PSCPP, SC, NH</i> <i>PSCPP, SC, NH</i>	<i>XII, XI, IX</i> <i>XII, XI, IX</i> <i>XII, XI, IX</i> <i>XII, XI, IX</i> <i>XII, XI, IX</i> <i>XII, XI, IX</i>
<i>Herbal Self-Care, The A-B-C's for Children</i> <i>Anxiety Aerobics</i> <i>Brain Balance</i> <i>Customized Herbal Choices</i> <i>Easing Anxiety</i> <i>Safety First</i>	<i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i>	<i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i>	<i>XIV</i> <i>XIV</i> <i>XIV</i> <i>XIV</i> <i>XIV</i>
<i>Herbal Simples</i> <i>See Simples</i>	<i>Webinar</i>	<i>FYF, SC</i>	<i>XV, XXII</i>
<i>Herb Garden, Design</i>	<i>Webinar</i>	<i>FYF</i>	<i>XV</i>
<i>Herbs Storage</i>	<i>Webinar</i>	<i>PSCPP, NH</i>	<i>XIV, XVI</i>
<i>Herbs, Sustainability of</i>	<i>Webinar</i>	<i>PSCPP, NH</i>	<i>XIV, XVI</i>
<i>Hermeticism</i> <i>Balance of the Five Elements</i> <i>"Power Elements Within: Spiritual Connection Solutions for a Nuclear Energy Age" by Dr. Martha Libster</i> <i>Union/Unity/Complementarity</i>	<i>Article</i> <i>Article</i> <i>Article</i>	<i>SC</i> <i>SC</i> <i>SC</i>	<i>IV</i> <i>IV</i> <i>IV</i>

<i>Hildegard of Bingen</i>	<i>Webinar</i>	<i>SC</i>	<i>II</i>
<i>Holistic Integrative Care / Therapies</i>	<i>Article</i>	<i>FYF</i>	<i>VII</i>
<i>Homeopathy (Marge Roberts)</i>	<i>Webinar</i>	<i>IHC</i>	<i>V</i>
<i>Hops,</i> <i>Bath Infusion</i>	<i>Video, SS</i> <i>(2:38)</i> <i>Recipe, SS</i>	<i>PSCPP</i> <i>FYF</i> <i>FYF</i>	<i>XX, IV</i> <i>VI</i> <i>VI</i>
<i>Hormone Balance</i> <i>Improving Hormone Balance</i> <i>Expanding Notion of Self</i> <i>Relieving and Coping with Stress</i> <i>Angelica*</i> <i>Black Cohosh*</i> <i>Fenugreek*</i> <i>Kelp*</i> <i>Science of Energy Flow**</i> <i>Tau Spiral Meditation</i> <i>Serotonin</i> <i>Nettles</i> <i>“Phytoserotonin” (Akula, Giridhar</i> <i>& Ravishankar)</i> <i>Soy*</i> <i>Wild Yam*</i> <i>*See Full Herb Profiles: Integrative Herb</i> <i>Guide (Libster), chapter 8</i> <i>**Also See Energy Flow, Science of</i>	<i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Article</i> <i>Webinar</i> <i>Webinar</i>	<i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i>	<i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i> <i>XVII</i>
<i>Horseradish,</i> <i>See Full Herb Profile: Integrative Herb</i> <i>Guide (Libster), pages 480 – 487</i>	<i>Herb Brief</i>	<i>FYF</i>	<i>XV</i>
<i>Horticultural Therapy</i>	<i>Webpage (Link</i> <i>Provided)</i>	<i>SC</i>	<i>XV</i>
<i>How/What Questions</i>	<i>Video, SS</i> <i>(3:14 min)</i>	<i>FYF</i>	<i>VI</i>
<i>Immune system</i> <i>Mass Vaccination</i> <i>Benefits and Risks</i> <i>COVID Vaccine</i> <i>Natural Killer Cells</i>	<i>Video, YT</i> <i>Video, YT</i> <i>Video, YT</i> <i>Video, YT</i>	<i>PSCPP</i> <i>PSCPP</i> <i>PSCPP</i> <i>PSCPP</i>	<i>II</i> <i>II</i> <i>II</i> <i>II</i>

<i>Immune Response</i>			
<i>Energetics First</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Eight Principle Patterns</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Highlights of</i>			
<i>Echinacea*</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Elder*</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Garlic*</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Goldenseal*</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Onion*</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Sage*</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Thyme*</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Improving Immune Response</i>			
<i>Expanding Notion of Self</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>Relieving and Coping with Stress</i>	<i>Webinar</i>	<i>IHC</i>	<i>XIX</i>
<i>*See Full Herb Profiles: Integrative Herb Guide (Libster), chapter 9</i>			
<i>Imperil, Transmuting Imperil (Libster)</i>	<i>Article</i>	<i>PSCPP, IHC</i>	<i>XX, III</i>
<i>Antidotes and Remedies</i>	<i>Article</i>	<i>PSCPP, IHC</i>	<i>XX, III</i>
<i>Easing Anxiety</i>	<i>Article</i>	<i>PSCPP, IHC</i>	<i>XX, III</i>
<i>Helena Roerich</i>	<i>Article</i>	<i>PSCPP, IHC</i>	<i>XX, III</i>
<i>Imperil Explained</i>	<i>Article</i>	<i>PSCPP, IHC</i>	<i>XX, III</i>
<i>Thought Poison</i>	<i>Article</i>	<i>PSCPP, IHC</i>	<i>XX, III</i>
<i>Infants</i>			
<i>Caring Communication and Massage, International Association for Infant Massage</i>	<i>Link to IAIM</i>	<i>FYF</i>	<i>I</i>
<i>Infant Mental Health Care</i>			
<i>Nonpharmacological Interventions</i>	<i>Article</i>	<i>FYF</i>	<i>VII</i>
<i>Integrative Herb Guide by Dr. Martha Libster</i>	<i>Book (Electronic Copy, Full Text)</i>	<i>NH</i>	<i>III</i>
<i>Kava Kava</i>	<i>Webinar</i>	<i>FYF</i>	<i>XVIII</i>
<i>Kindness</i>			
<i>Love of Mother and Maitreya</i>	<i>Webinar</i>	<i>SC</i>	<i>XVI</i>
<i>Planting Seeds of</i>	<i>Webinar</i>	<i>SC</i>	<i>XVI</i>
<i>Kudzu, Kuzu</i>	<i>Webinar, SB</i>	<i>SC</i>	<i>XXII</i>
<i>See Full Herb Profile: Integrative Herb Guide (Libster), pages 690 – 697</i>	<i>Herb Brief</i>	<i>SC</i>	<i>XXII</i>

<i>Legal Issues, Nurse-Herbalism</i>	<i>Video</i>	<i>NH</i>	<i>XIII</i>
<i>Video Download 50% Off for Members</i>			
<i>Lemon, See Full Herb Profile: Integrative Herb Guide (Libster), pages 502 - 511</i>	<i>Webinar</i>	<i>FYF</i>	<i>XVII</i>
<i>Lemongrass, Lessons from</i>	<i>Video, YT</i>	<i>NH</i>	<i>XVIII</i>
<i>Growth Process</i>	<i>Video, YT</i>	<i>NH</i>	<i>XVIII</i>
<i>Harvesting</i>	<i>Video, YT</i>	<i>NH</i>	<i>XVIII</i>
<i>How to Use</i>	<i>Video, YT</i>	<i>NH</i>	<i>XVIII</i>
<i>Planting</i>	<i>Video, YT</i>	<i>NH</i>	<i>XVIII</i>
<i>Propagating Lemongrass</i>	<i>Video, YT</i>	<i>NH</i>	<i>XVIII</i>
<i>Lifestyle Choices</i>	<i>Webinar</i>	<i>NH</i>	<i>XXIV</i>
<i>Maori Indigenous Philosophy (Donna Kerridge)</i>	<i>Webinar</i>	<i>PSCPP, BBGTH</i>	<i>VIII, VII</i>
<i>Masks, Face</i>	<i>Article</i>	<i>PSCPP</i>	<i>II</i>
<i>Medicinal Marijuana by Dr. Martha Libster</i>			
<i>Cannabis</i>	<i>Self-Study</i>	<i>PSCPP, NH</i>	<i>IV, V</i>
<i>EndoCannabinoid System</i>	<i>Course</i>	<i>PSCPP, NH</i>	<i>IV, V</i>
<i>Indica</i>		<i>PSCPP, NH</i>	<i>IV, V</i>
<i>Sativa</i>		<i>PSCPP, NH</i>	<i>IV, V</i>
<i>Social Implications</i>		<i>PSCPP, NH</i>	<i>IV, V</i>
<i>50% Off for Members with Code</i>			
<i>Lifestyle Choices</i>	<i>Webinar</i>	<i>NH</i>	<i>XXIV</i>
<i>Medicine, of Place</i>	<i>Webinar</i>	<i>PSCPP, NH</i>	<i>XIV, XVI</i>
<i>Memories</i>			
<i>Healing</i>	<i>Webinar</i>	<i>FYF</i>	<i>VIII</i>
<i>Planting Memories</i>	<i>Webinar</i>	<i>FYF</i>	<i>VIII</i>
<i>Transmutation</i>	<i>Webinar</i>	<i>FYF</i>	<i>VIII</i>
<i>Memory</i>			
<i>Anatomy</i>	<i>Webinar</i>	<i>FYF</i>	<i>VIII</i>
<i>Biology</i>	<i>Webinar</i>	<i>FYF</i>	<i>VIII</i>
<i>Sleep</i>	<i>Webinar</i>	<i>FYF</i>	<i>VIII</i>
<i>Mental Illness, Partnering with Plants for (with Susun Weed and Dr. Martha Libster)</i>			
<i>Clearing the Energy</i>	<i>Teleseminar</i>	<i>IHC</i>	<i>XII</i>
<i>Cultivating Memories with Plants</i>	<i>Teleseminar</i>	<i>IHC</i>	<i>XII</i>
<i>Foot Reflexology</i>	<i>Teleseminar</i>	<i>IHC</i>	<i>XII</i>
<i>Mastering Fear</i>	<i>Teleseminar</i>	<i>IHC</i>	<i>XII</i>
<i>Violet Light (Fire Element)</i>	<i>Teleseminar</i>	<i>IHC</i>	<i>XII</i>
<i>Movement</i>	<i>Teleseminar</i>	<i>IHC</i>	<i>XII</i>
<i>Sense of Purpose</i>	<i>Teleseminar</i>	<i>IHC</i>	<i>XII</i>
<i>Belonging</i>	<i>Teleseminar</i>	<i>IHC</i>	<i>XII</i>

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<i>Money, See Peace and Abundance</i>	<i>Webinar</i>	<i>FYF, SC</i>	<i>III, X</i>
<i>Moving with a Virus</i>	<i>Video, SS (2:30)</i>	<i>FYF</i>	<i>VI</i>
<i>My Self (Helen Erickson) Affiliated-Individuation® Cosmic View Using Our Energy Intentionally Self-Care Finding Life Purpose and Meaning Knowledge, Resources, Actions</i>	<i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i>	<i>PSCPP, FYF, NH</i> <i>PSCPP, FYF, NH</i> <i>PSCPP, FYF, NH</i> <i>PSCPP, FYF, NH</i>	<i>X, IV, XVII</i> <i>X, IV, XVII</i> <i>X, IV and XVIII, XVII</i> <i>X, IV, XVII</i>
<i>Natural Remedies vs Synthetic Drugs (Al Leung) “A Disruptive Concept In Drug Therapy” by Leung Advances in Human Healthcare Future Research Modern Drug-Therapy Process Reducing Drug Toxicity Chinese Tonics – Foods as Medicines Natural Psilocybin Toxicities</i>	<i>Article</i> <i>Webinar, Handout</i>	<i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i>	<i>XII</i> <i>XII</i> <i>XII</i> <i>XII</i> <i>XII</i> <i>XII</i> <i>XII</i> <i>XII</i>
<i>Nettle, Stinging</i>	<i>Webinar</i>	<i>PSCPP, NH</i>	<i>XI, X</i>
<i>Nurse-Herbalism Integrative Herb Guide (Libster) Legal Issues The Nurse-Herbalist. (Libster)</i>	<i>Book</i> <i>Video</i> <i>Book</i>	<i>NH</i> <i>NH</i> <i>NH</i>	<i>III</i> <i>XIII</i> <i>XV</i>
<i>Oat, See Full Herb Profile: Integrative Herb Guide (Libster), pages 431 - 438</i>	<i>Herb Brief</i>	<i>PSCPP</i>	<i>XIX</i>
<i>Oregano</i>	<i>Webinar, SB</i>	<i>SC</i>	<i>XXII</i>
<i>Overcoming Chaos, Shaker Principles for</i>	<i>Webinar</i>	<i>FYF</i>	<i>XV</i>

<i>Pain</i>			
<i>Body Aches</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
<i>Ginger</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
<i>Hops</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
<i>Turmeric</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
<i>Emotional Pain</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
<i>Headaches</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
<i>Coffee</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
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<i>Ginger Roll On</i>	<i>Video, SS (5:10)</i>	<i>FYF</i>	<i>VI</i>
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<i>Herbs as Effective Alternatives to Pharmaceuticals</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
 <i>Holistic Solutions</i>	<i>Videos, SS (21:48, 11:04)</i>	<i>FYF, NH</i>	<i>VI, XIX</i>
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<i>Acute - Triggers</i>	<i>Webinar</i>	<i>NH</i>	<i>XIX</i>
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<i>Passionflower, See Full Herb Profile: Integrative Herb Guide (Libster), pages 588 – 595</i>	<i>Herb Brief Webinar</i>	<i>NH FYF</i>	<i>XX XVIII</i>
<i>Patanjali's Yoga Sutras, Teachings on (Gene Jennings)</i>			
<i>Experience and Liberation</i>	<i>Webinar</i>	<i>SC</i>	<i>XXI</i>
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<i>Patience, Cultivating</i> <i>Building Habit of Forgiveness</i> <i>Foot Reflexology with Herbal Stress Relief: Science of Energy Flow (Libster)</i> <i>Gentle Medicine for Balance in Body and Peace of Mind The Elements of Care Program (Libster)</i> <i>Helena Roerich</i> <i>The Flame of Rhythm, Harmony, and Equilibrium</i> <i>Impatience</i> <i>Lemongrass</i> <i>Milky Oats</i> <i>Oats</i> <i>Passionflower</i> <i>Paying Attention to Details</i> <i>Perseverance</i> <i>Self-Restraint</i> <i>Solar Plexus and the Mind</i> <i>Taking Tea</i> <i>Transmuting Imperil</i> <i>Viktor Schauberger</i> <i>Healing through Flow of Water (Energy)</i> <i>Watchful Waiting</i> <i>Water Element</i>	<i>Study Bundle</i> <i>Webinar, Book</i> <i>Webinar, Book</i> <i>Webinar</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar</i> <i>Study Bundle</i> <i>Study Bundle</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i>	<i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i> <i>NH</i>	<i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX / XVIII</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i> <i>XX</i>
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<i>Self-Care Pharmacy</i> <i>Becoming Medicine</i> <i>Being Medicine</i> <i>Making Medicine</i> <i>Perception</i>	<i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i>	<i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i>	<i>XIII</i> <i>XIII</i> <i>XIII</i> <i>XIII</i>
<i>Senses</i> <i>6th Sense, Common Sense</i> <i>Hearing</i> <i>Senses, Harmony of</i> <i>Sight</i> <i>Smell</i> <i>Taste</i> <i>Touch</i>	<i>Study Bundle</i> <i>Study Bundle</i> <i>Study Bundle</i> <i>Study Bundle</i> <i>Study Bundle</i> <i>Study Bundle</i> <i>Study Bundle</i>	<i>PSCPP</i> <i>PSCPP</i> <i>PSCPP</i> <i>PSCPP</i> <i>PSCPP</i> <i>PSCPP</i> <i>PSCPP</i>	<i>XVIII</i> <i>XVIII</i> <i>XVIII</i> <i>XVIII</i> <i>XVIII</i> <i>XVIII</i> <i>XVIII</i>
<i>Simples</i> <i>American Ginseng</i> <i>Blueberries</i> <i>Coffee</i> <i>Fennel</i> <i>Herbal</i> <i>Horseradish</i> <i>Kudzu/Kuzu</i> <i>Oregano</i> <i>Rose</i> <i>Sage</i> <i>Turmeric</i>	<i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar</i> <i>Webinar, SB</i> <i>Webinar</i> <i>Webinar, SB</i> <i>Webinar, SB</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar, SB</i>	<i>SC</i> <i>SC</i> <i>SC</i> <i>FYF</i> <i>SC</i> <i>FYF</i> <i>SC</i> <i>SC</i> <i>FYF</i> <i>FYF</i> <i>SC</i>	<i>XXII</i> <i>XXII</i> <i>XXII</i> <i>XV</i> <i>XXII</i> <i>XV</i> <i>XXII</i> <i>XXII</i> <i>XV</i> <i>XV</i> <i>XXII</i>
<i>Skin and Infrared</i>	<i>Article</i>	<i>FYF</i>	<i>XVI</i>
<i>Skin Care</i> <i>Aloe*</i> <i>Aloe Plaster Demonstration</i> <i>Calendula*</i> <i>Herbalism, Power of</i> <i>Herbalism, Simplicity of</i> <i>Rose*</i> <i>Salutogenic-Oriented-Self-Care</i> <i>Witch Hazel*</i> <i>Yarrow*</i> <i>*See Full Herb Profiles: Integrative Herb Guide (Libster), chapter 10</i>	<i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i> <i>Webinar</i>	<i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i> <i>FYF</i>	<i>XVI</i> <i>XVI</i> <i>XVI</i> <i>XVI</i> <i>XVI</i> <i>XVI</i> <i>XVI</i> <i>XVI</i> <i>XVI</i>

<i>Sleep</i> <i>Sleep and Rest</i> <i>Sleep, Mystery of</i>	<i>Webinar</i> <i>Video, YT</i>	<i>PSCPP</i> <i>PSCPP</i>	<i>XX</i> <i>XX</i>
<i>Social Media, Youth Mental Health</i>	<i>Document</i>	<i>FYF</i>	<i>XIX</i>
<i>Sorrel</i>	<i>Webinar</i>	<i>PSCPP, NH</i>	<i>XI, X</i>
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<i>Spirituality and Science (Candice Pert)</i> <i>Body Mind</i> <i>Emotions as a Vibration</i> <i>Molecules of Emotion: The Science</i> <i>Behind Mind Body Medicine (Pert)</i> <i>Theory of Emotions</i> <i>“Neuropeptides And Their</i> <i>Receptors: A Psychosomatic</i> <i>Network” (Pert)</i>	<i>Video, YT</i> <i>Video, YT</i> <i>Video, YT</i> <i>Video, YT</i> <i>Article</i>	<i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i> <i>IHC</i>	<i>XVI</i> <i>XVI</i> <i>XVI</i> <i>XVI</i> <i>XVI</i>
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<i>Spring Greens (Pamela Faye)</i>	<i>Webinar</i>	<i>PSCPP, NH</i>	<i>XI, X</i>
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<i>Technology, Taming Toxicity of Absorbing the Vibration Antidoting Imperil Engaging Nature Experiencing the Elements Magnifying the Memories Speaking Truth of Being Transmuting Imperil*</i>	<i>Webinar Webinar Webinar Webinar Webinar Webinar Webinar</i>	<i>BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH BBGTH</i>	<i>VIII VIII VIII VIII VIII VIII VIII</i>
<i>*See Imperil, Transmuting Imperil (Libster)</i>			
<i>The Nurse-Herbalist Integrative Insights for Holistic Practice (Libster)</i>	<i>Book</i>	<i>NH</i>	<i>XV</i>
<i>Theosophy Blavatsky, Helena (HPB) Celebration of White Lotus Day 2022* H.P.B.: The Extraordinary Life and Influence of Helena Blavatsky Founder of the Modern Theosophical Movement** Theosophy: The Path of the Mystic by Katherine Tingley*** Thinking and Destiny by Harold W. Percival*** White Chakra White Lotus Day, About*</i>	<i>Slides w/ Audio Slides w/ Audio Book Book Book Slides w/ Audio Webpage Link</i>	<i>SC SC SC SC SC SC SC</i>	<i>XIV XIV XII IX IX XIV XIV</i>
<i>Theosophy: The Path of the Mystic by Katherine Tingley Free PDF Download</i>	<i>Book</i>	<i>SC</i>	<i>IX</i>
<i>Thinking and Destiny by Harold W. Percival Free PDF Download</i>	<i>Book</i>	<i>SC</i>	<i>IX</i>
<i>Three-Fold Focus (Lifestyle, Diet, Herbs) Balancing Yin Deficiency Weeding Unhealthy Attachments</i>	<i>Webinar Webinar</i>	<i>IHC IHC</i>	<i>VI XIII</i>
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<i>Touch Therapies</i> <i>See Foot Reflexology with Herbal</i> <i>Stress Relief: Science of Energy Flow</i> <i>(Libster)</i>	<i>Book</i>	<i>PSCPP, IHC</i>	<i>III, XX</i>
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<i>Videos, Simple Solutions</i>	<i>Videos, SS</i>	<i>FYF</i>	<i>VI</i>
<i>Violet</i>	<i>Webinar</i>	<i>PSCPP, NH</i>	<i>XI, X</i>

<i>Viruses, “How to Tango with Viruses” (Libster)</i>			
<i>Comforting Self-Care Tips</i>	<i>Article</i>	<i>PSCPP, RR</i>	<i>VI, XIII</i>
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<i>Witch Hazel</i>	<i>Webinar</i>	<i>FYF</i>	<i>XVI</i>
<i>White Roots of Peace by Paul Wallace</i>	<i>Videos, SS & YT (1:01:31, 1:30:36)</i>	<i>FYF, BBGTH</i>	<i>VI, IX</i>
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<i>Winter ailments: Working with rongoā (Donna Kerridge – Maori)</i>			
<i>Balance, Restoration of</i>	<i>E-Book</i>	<i>PSCPP,</i>	<i>VIII, VII</i>
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<i>Common Signs of Yin Deficiency</i>	<i>Webinar</i>	<i>IHC</i>	<i>VI</i>
<i>Kidney Yin</i>	<i>Webinar</i>	<i>IHC</i>	<i>VI</i>
<i>Nourishing Kidney Yin – Sample Day</i>	<i>Webinar</i>	<i>IHC</i>	<i>VI</i>
<i>Ways to Nourish Yin</i>	<i>Webinar</i>	<i>IHC</i>	<i>VI</i>
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<p><i>Yoga</i></p> <p><i>Agni Yoga</i></p> <p><i>Aim of Spiritual Path</i></p> <p><i>State of Well-Being</i></p> <p><i>Ananda Worldwide</i></p> <p><i>Bhagavad Gita, Inspiration from</i></p> <p><i>Bhagavad Gita, Introduction to</i></p> <p><i>Bhagavad Gita, The Essence of</i></p> <p><i>Transcending Ego</i></p> <p><i>Patanjali's 8 Limbs (Ashtanga) Principles</i></p> <p><i>Long-Term Happiness</i></p> <p><i>Spiritual Progress</i></p> <p><i>Union with Higher Self</i></p> <p><i>Patanjali's Yoga Sutras, Teachings on</i></p> <p><i>Peace and Abundance</i></p> <p><i>Raja (Kingly) Yoga</i></p> <p><i>Relationships, Friendships, Companions</i></p> <p><i>The Holy Science (Swami Sri Yukteswar)</i></p> <p><i>Union and Unity in God</i></p>	<p>-</p> <p>Webinar</p> <p>Webinar</p> <p>Link to Website</p> <p>Video Series</p> <p>Video, YT</p> <p>Video</p> <p>Video</p> <p>Webinar</p> <p>Webinar</p> <p>Webinar</p> <p>Webinar</p> <p>Webinar</p> <p>Webinar</p> <p>-</p> <p>Webinar</p> <p>Book</p> <p>-</p>	<p>SC</p> <p>FYF, SC</p> <p>FYF, SC</p> <p>SC</p> <p>SC</p> <p>SC</p> <p>SC</p> <p>SC</p> <p>SC</p> <p>SC</p> <p>SC</p> <p>SC</p> <p>FYF, SC</p> <p>SC</p> <p>FYF, SC</p> <p>SC</p> <p>SC</p>	<p>I</p> <p>III, X</p> <p>III, X</p> <p>I</p> <p>XIII</p> <p>XIII</p> <p>I</p> <p>I</p> <p>VII</p> <p>VII</p> <p>VII</p> <p>VII</p> <p>XXI</p> <p>III, X</p> <p>I</p> <p>III, X</p> <p>IV</p> <p>I</p>
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