

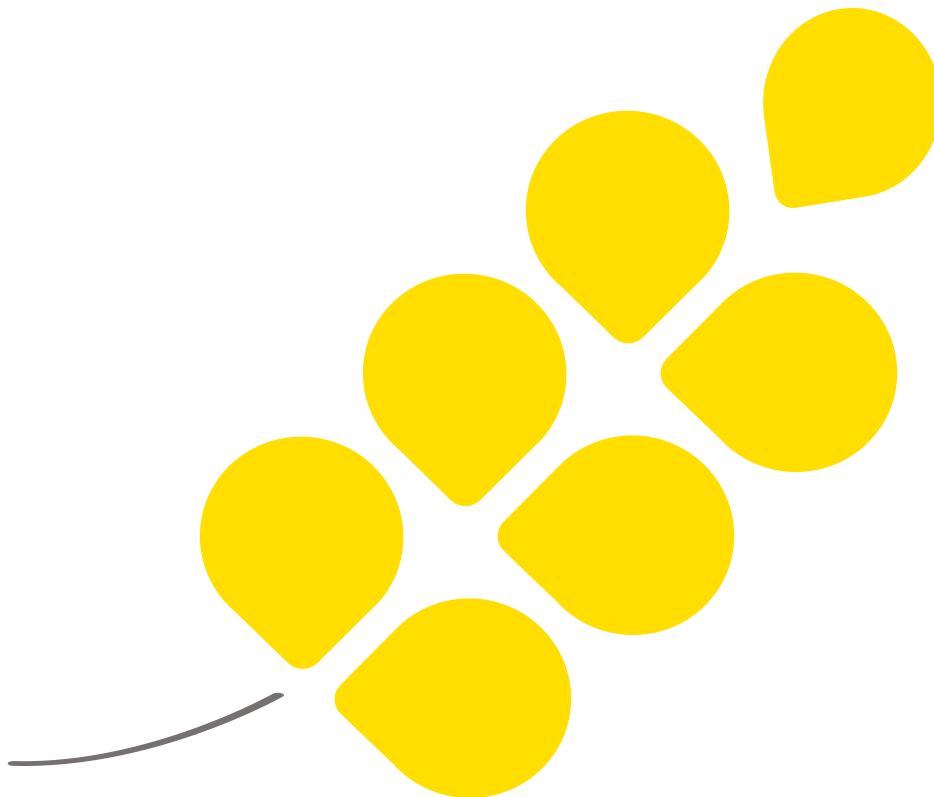
NCB School of Herbalism & Holistic Health

Est. 1992

"Distance Learning the Old Fashion Way"

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Nurture..Heal..Inspire..Empower..Educate

With Kindness: I ask that each of you reading this- if you could be so kind as to not copy, reproduce or share this document for personal & business reasons without my written consent email: info@naturalchoicesbotanica.com . This lecture series is an ever-evolving masterpiece that started with the historical accounts and ways of my great grandmother. My personal work for this project spans over 25 years of digging through bibles, antique shows, county records, deeds, wills, history books, visiting African American elders around the globe and other people of color for their stories.

This lecture series is **NOT** just about the herbal history of America, it is about a legacy of people who were stolen, colonized and forced to build the nation you love brick by brick, blood with tears, knowledge with hatred.

As you move forward in your studies, teaching, training, sharing, exploring, visiting & learning please remember that it is imperative that healing hubs, centers, schools, conferences, workshops, apprenticeship programs and those offering information in this field be open to the vast amount of knowledge and those who have access to it. If organizations never allow new faces of black & brown hues who represent the knowledge of their people, experiences and cultures to share their history, it easily becomes lost, abandoned and misconstrued. This is a small part of my mission as a healer. It's time to decolonize the herbalism & holistic health movement, there is a place at the healing tree for all of us. (Toi Scott)

Ashe'

Sobande Ifasanmi Karade Anke
(Angelique Greer)

“Herbs, Slavery & the South”

Most Common Herbs Used by Slaves for Healing, Restoration & Spiritual Matters

Herb Name	Medical Name	Used for
Life Everlasting or Cudweed	Gnapahalium obtusifolium	Relieve cramps, colds, foot pain
Indian Hemp /Marions Weed	Apocynum Cannabium	
Sore Throat Root	Caulophllum Thalictrodes	Colds, chills, sometimes fever
Sweat Root	Polemonium Reptans	
Backache Root	Liatris Spicata	Kidney and lower back pressure
Goodson Root	Agave Virginica	
Pine Bark		Alleviate coughs/sore throat

Herb Name	Medical Name	Used for
Court a bleau	Catalpabignoniodes	Purging
Hackberry Tree	Celtis laevigata	Kidney ailments
Indian Turnip/ Jack in the Pulpit	Arisaema Triphyllum	Kidney, liver & ulcers
Iron Leaf or Iron Weed	Veronia missturicua	For weak bladders
Le Mamou or Coral Beans Roots	Erythrima Herbacea	Simple colds
Echinacea or Sampson Root	Echinacea Purpurea	burns, colds, lymph nodes
Elderberry		Laxative, purgative, immune system

3 categories of Slave Medicine

Common Ingredients

- Apple Cider Vinegar
 - Table Salt
 - Lard
 - Bluestone
- Alcohol
Syrup
Sulfur
Epsom Salts

Patent Medicines

- Witch Hazel
 - Ammonia
 - Pure Spirits of Gum
- Salt peter
Oil of Wintergreen
Turpentine

Common Roots & Herbs

Bloodroot Snakeroot Pokeroot
Muckle Bush Life everlasting

Herbs & The Zodiac

The signs of the zodiac, as enumerated by African Egyptian astronomers as well as the people of the Dogon Tribe. These ancient healers are the first ones to accurately map the star & solar systems past what you could visually see with the naked eye. The Dogon Tribes were particularly knowledgeable about the correlation of the plant world and how the solar system effected the energies of plants. Herbalist & healers alike should have some knowledge of curing their clients and the horoscope that correlates so that the correct plants can be gathered at the right moment of time.

Zodiac Sign: Venus /Libra & Taurus

Libra Rules: the kidneys, equilibrium and balance

Taurus Rules: the neck, throat, larynx, tonsils, and jugular veins.

- Peppermint
- Rose
- Thyme
- Burdock
- Mugwort
- Raspberry
- Elderberry
- Marshmallow
- Plantain
- Catnip
- Coltsfoot
- Lady's Mantle
- Motherwort
- Pennyroyal
- Yarrow
- Feverfew
- Tansy

Zodiac Sign: Mars /Aries & Scorpio

Aries Rules: the head, face (except the nose), and the brain.

Scorpio Rules: the nose, genitals, colon, the blood, and urethra.

- Aloe
- Black Pepper
- Blessed Thistle
- Nettle
- Garlic
- Hawthorn
- Wormwood
- Common Herb
- Black Pepper
- Basil
- Pine
- Hops
- Cayenne Pepper
- Self Heal Herb
- Butchers Broom
- Barberry
- Tarragon
- Thistle

Zodiac Sign: Sun

- Chamomile Celery
- Juniper Rosemary
- Angelica Lovage
- Rue St. John's Wort
- Bay Laurel Eyebright
- Butterbur Mistletoe

Zodiac Sign: Moon

- Clary Sage
- White Willow
- Chickwood
- Cleavers

Negro Classified Diseases & Myths

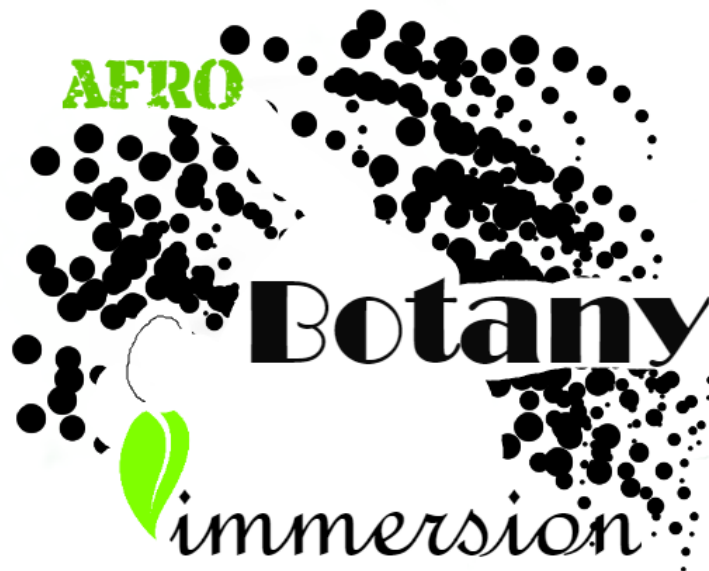
- Drapetomania – Causes slaves to run away
- Cachexia Africana – Dirt eating
- Negritude- Was thought to be a mild form of leprosy. The only cure for the disorder was to become white
- Hebetude – Shiftless or laziness of Africans
- Dysthesia Aethiopica –Desire to destroy owner's property
- Struma Africana or Negro Consumption – pulmonary disease or black only tuberculosis
- Furor Sexualis – A sexual disorder, especially oversized genitalia
- Chronic Leprosy – Accounts for dark skin color, big lips and wooly hair
- Slaves were classified as: immune to malaria, yellow fever, smallpox, pellagra, typhoid & heat exhaustion. Immune from physical and emotional pain, had brains that were smaller than white people and animal like sexual appetites (which became a reason for castration)

The NCB School of Herbalism & Holistic Health is the oldest African American School of Herbalism in the south. Their program is the only one of its kind to offer an in-depth look at how race, culture and colonization has greatly impacted and affected people of color & those who are born in marginalized systems of disparities.

The NCB School of Herbalism is dedicated to restoring, honoring and protecting the real history of herbalism for those who had no choices & no voices. We believe in providing students with a wide frame of reference that allows a more wholistic approach to the helping families, clients, the community and the world.

Specialized Programs We Offer:

- 24-month Traditional Herbalist Certification Program
- 24 month Deepening Our Roots Mystery School with Luisah Teish
- Afro Botany Immersion Experience -Costa Rica August 27th-Sept 4th, 2018
- Sacred Waters Retreats for Women– March 18th -26th, 2018 Costa Rica
- Sacred Waters Herbal Retreat for Women of Color – May 25th-27th 2018



2yr Certification Program

Experience an unbridled journey into the African Diaspora as you learn about the plants, the culture, the ritual & the people. Students will explore ancient traditions, meet with elders in the field and visit beautiful locations for hands on training. This course is a distance & live program.

The Afro Botany Immersion Certification Program is the first of its kind in the United States & abroad offering a multi-faceted look at the vast and often complex world of plants through the eyes of African people throughout the Diaspora. A leading pioneer in the field Sobande Greer has combined her work with other dedicated leaders in the field of botany & African History. The Afro Botany Certification Program is a bridge builder as we open doors to an overlooked segment of plant knowledge, spiritual attunement and ancestor veneration for the herbal & holistic health community at large.

Want to get involved?

We are looking for Affiliates, Sponsors & Donors for this amazing new herbal program.

For more information please contact our office:

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