

MEDICINAL PLANTS CERTIFICATE

Program Description

Plants have been on the Earth for billions of years and have evolved millions of potentially useful compounds over that time. As long as humans have been around, we have studied and tried to understand and use these plant products to improve our own health.

This certificate program is an introduction to medicinal plants and how they can be used to treat illnesses. Throughout the courses, you will examine both the historical and biochemical aspects of including plant-based medicine in your own personal health plans. You will examine each of the body systems in detail and develop an understanding of what plants might be useful in treating that system, based on knowledge collected from around the world. This certificate is not a replacement for consulting with a physician, but is intended to be an exploration of alternatives that you may not have considered or want to learn more about.

Familiarity with high school-level chemistry and biology will help you be successful in this program.

Key Takeaways

- Evaluate modern plant-based medicines by exploring their history, common biochemical and pharmacological properties, and safety considerations
- Consider the properties of medicinal plants and how they could be used in the treatment of different illnesses
- Discover how medicinal plants may help boost natural immunity to defend against disease

What You'll Earn

- Medicinal Plants Certificate from Cornell College of Agriculture and Life Sciences

Who Should Enroll

- Individuals interested in traditional and alternative medicine
- Healthcare practitioners and alternative medicine practitioners
- Naturopathic and holistic health educators and practitioners
- Herbalists
- Wellness and lifestyle coaches
- Yogis and yoga teachers
- Product development professionals across industries such as food and beverage, cosmetics, and pharmaceuticals
- Entrepreneurs

Total Investment

- 3 months to complete all the courses

How To Enroll

For more information on how to enroll, please visit Medicinal Plants Certificate (<https://ecornell.cornell.edu/certificates/healthcare/medicinal-plants/>).

Courses

Code	Title	Hours
eCornell CALS151	Plant-Based Medicine	0
eCornell CALS152	Plants for Muscles, Bones, and the Reproductive System	0
eCornell CALS153	Plants for Mental Health and Pain Relief	0
eCornell CALS154	Plants to Improve Cardiovascular and Respiratory Health	0
eCornell CALS155	Plants for Promoting Digestive and Skin Health	0
eCornell CALS156	Boosting Immunity With Medicinal Plants	0