



**WILD ROSE**  
College of Natural Healing  
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*Learn the Art of Healing with Plant Medicine*

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## **Read First: Guidelines for Starting your Plant Monograph Thesis**

- 1. How to get started**
- 2. Thesis Outline & Template**
- 3. Marking Guideline**
- 4. Research & Resources**
- 5. Bibliography**

### **How to get started**

Practical Herbalist students are required to research an herb and create a plant monograph as their thesis project. It is suggested that you choose an herb that is **NOT** covered in the Western Materia Medica I or II course. If so if your herb is already covered in the Western Materia Medica I or II course, your monograph is expected to be much more in depth than the monograph in the course material.

You will need to get approval from the College on your herb of choice. You will find your proposal form on your student dashboard. Please be sure to provide sufficient detail in your proposal to give Dr. Terry Willard and the Wild Rose College team enough information for their evaluation of your chosen plant. Enclosed is a guide to creating a plant monograph and a sample monograph on 'Angelica'.

Please do not hesitate to contact the College with any questions or concerns regarding this thesis project. When you are ready to **submit your completed** Plant Monograph Thesis please email our College Coordinator, Jacqui at [info@wildrosecollege.com](mailto:info@wildrosecollege.com).

### **Thesis Outline & Template**

Please see document on a breakdown of each category of what is required. We also included a template to use for when writing your Plant Monograph to ensure consistency and that students are including every category.

### **Marking Guideline**

Please see separate document that gives a breakdown of how to achieve the best mark.



## Research & Resources

Research many forms including web pages, journal articles, books, encyclopedias, interviews, and blog posts, among others. Take a trip to your local library or university library. Look for professional resources like peer reviewed empirical research. These are articles or books written by experts in your field of interest whose work has been read and vouched for by other experts in the same field. These can be found in scientific journals or via an online search, included is a list below of credible online sources. When researching online, use critical thinking to thoroughly read every source and determine if it is legitimate. Websites, blogs, and forums online aren't required to publish facts only, so make sure that the information you find is trustworthy. Typically, websites that end with .edu, .gov, or .org contain information that is safe to use because these websites belong to schools, the government, or organizations dealing with your topic.

**Greenmedinfo** ([www.greenmedinfo.com](http://www.greenmedinfo.com)) Dedicated to providing evidence-based natural medical information. Through both open access, paid memberships and high-quality educational products, GreenMedInfo provides physicians, healthcare practitioners, clinicians, researchers and consumers a resource to determine the therapeutic value of vitamins, minerals, herbs and foods.

**Google scholar** (<https://scholar.google.ca/intl/en/scholar/about.html>) provides a simple way to broadly search for scholarly literature. From one place, you can search across many disciplines and sources: articles, theses, books, abstracts and court opinions, from academic publishers, professional societies, online repositories, universities and other web sites.

**American Botanical Council** (<http://abc.herbalgram.org/site/PageServer>) is a leading international nonprofit organization addressing research and educational issues regarding herbs, teas, medicinal plants and so much more.

**Examine** ([Examine.com](http://Examine.com)) is the largest database of nutrition and supplement research on the Internet. As an educational organization, they are not affiliated with any supplement or food company, nor are any members of our research team. Their evidence summaries are fully referenced, on topics ranging from popular supplements like fish oil and vitamin D to the more controversial nutrition topics like soy or saturated fat.

**PubMed** ([pubmed.gov](http://pubmed.gov)) database of citations and abstracts in the fields of medicine, nursing, dentistry, veterinary medicine, health care systems, and the preclinical sciences.



**Natural Medicines Comprehensive Database** ([naturalmedicinesdatabase.com](http://naturalmedicinesdatabase.com)). Provides the largest number of evidence-based reviews. Authors are primarily doctors of pharmacy. Includes scientific names, uses, safety, effectiveness, mechanism of action, adverse reactions, interactions, and dosage.

**Cochrane Review Organization** ([www.cochrane.org](http://www.cochrane.org)). Provides systematic reviews of therapies, including massage, acupuncture, and chiropractic interventions. Includes searches of multiple bibliographic databases by librarians.

**Natural Standard** ([www.naturalstandard.com](http://www.naturalstandard.com)). A multidisciplinary, multi-institutional initiative for review of complementary and alternative therapies. Similar process to Cochrane reviews, with an additional historic and folkloric perspective.

**National Center for Complementary and Alternative Medicine** ([nccam.nih.gov](http://nccam.nih.gov)). The US government's lead agency for scientific research on CAM. The NCCAM's mission is to define, through rigorous scientific investigation, the usefulness and safety of CAM interventions and their roles in improving health and health care. Includes review of scientific evidence for usefulness, toxicities and precautions.

**National Cancer Institute (NCI) Office of Cancer Complementary and Alternative Medicine** ([www.cancer.gov/cam](http://www.cancer.gov/cam)). PDQ cancer information summaries specific to either patients or health-care providers. Includes background; proposed mechanisms of action; and laboratory, animal, and clinical studies.

**Memorial Sloan-Kettering Cancer Center** ([www.mskcc.org/aboutherbs](http://www.mskcc.org/aboutherbs)). Led by an oncology-trained pharmacist and a botanical expert.

**American Cancer Society** ([www.cancer.org](http://www.cancer.org)). Provides guidelines for nutrition and physical activity for prevention, during cancer treatment, and after treatment.

**Bandolier** (<http://www.medicine.ox.ac.uk/bandolier/index.html>). Monthly journal about evidence-based health care produced by scientists at Oxford University. Provides a subset of analyses, commentaries, and meta-analyses of complementary therapies found in Cochrane or PubMed searches.

**The University of Texas MD Anderson Cancer Center** ([www.mdanderson.org/cimer](http://www.mdanderson.org/cimer)). Provides assessments of the background and evidence for complementary/integrative medicine. Also provides purchased summaries of reviews by Natural Medicines Comprehensive Database and the Cochrane Library, as well as access to reviews by the NCI and Memorial Sloan-Kettering Cancer Center.



## **General Guide to Formatting a Bibliography**

For a book: Author (last name first). Title of the book. City: Publisher, Date of publication.  
EXAMPLE: Dahl, Roald. The BFG. New York: Farrar, Straus and Giroux, 1982.

For an encyclopedia: Encyclopedia Title, Edition Date. Volume Number, "Article Title," page numbers. EXAMPLE: The Encyclopedia Britannica, 1997. Volume 7, "Gorillas," pp. 50-51.

For a magazine: Author (last name first), "Article Title." Name of magazine. Volume number, (Date): page numbers. EXAMPLE: Jordan, Jennifer, "Filming at the Top of the World." Museum of Science Magazine. Volume 47, No. 1, (Winter 1998): p. 11.

For a newspaper: Author (last name first), "Article Title." Name of newspaper, city, state of publication. (date): edition if available, section, page number(s). EXAMPLE: Powers, Ann, "New Tune for the Material Girl." The New York Times, New York, NY. (3/1/98): Atlantic Region, Section 2, p. 34.

For a person: Full name (last name first). Occupation. Date of interview. EXAMPLE: Smeckleburg, Sweets. Bus driver. April 1, 1996.

Magazine article: Author (last name first). "Article title." Name of magazine (type of medium). Volume number, (Date): page numbers. If available: publisher of medium, version, date of issue. EXAMPLE: Rollins, Fred. "Snowboard Madness." Sports Stuff (CD-ROM). Number 15, (February 1997): pp. 15-19. SIRS, Mac version, Winter 1997.

Newspaper article: Author (last name first). "Article title." Name of newspaper (Type of medium), city and state of publication. (Date): If available: Edition, section and page number(s). If available: publisher of medium, version, date of issue. EXAMPLE: Stevenson, Rhoda. "Nerve Sells." Community News (CD-ROM), Nassau, NY. (Feb 1996): pp. A4-5. SIRS, Mac. version, Spring 1996.

Online Resources Internet: Author of message, (Date). Subject of message. Electronic conference or bulletin board (Online). Available e-mail: [LISTSERV@](mailto:LISTSERV@) e-mail address EXAMPLE: Ellen Block, (September 15, 1995). New Winners. Teen Booklist (Online). Helen Smith@wellington.com

World Wide Web: URL (Uniform Resource Locator or WWW address). author (or item's name, if mentioned), date. EXAMPLE: (Boston Globe's www address) <http://www.boston.com>. Today's News, August 1, 1996.