

**'Thinking Like A Herbalist': A Course in Herbal Medicine: Part One April 2016**

<b>Date</b>	<b>Topics covered</b>
<b><u>Sat Apr 16th 10-5pm</u></b> <b>Herbal Practice and Philosophy</b>	<b>Herbal principles e.g. 'treat causes, not symptoms'. Herbal safety: interactions and contraindications. Herbal constituents and actions. Understanding dosage. Herbal infusions and decoctions.</b>
<b>Seasonal Wellness.</b>	<b>How to use echinacea effectively. Herbs to support the immune system. Treatment of hay fever, colds and flu. How to make elderberry syrup</b>
<b>Holistic Health</b>	<b>Looking at key areas of health: Nutrition, sleep, stress, and fatigue, and the use of herbs, diet and lifestyle here.</b>
<b><u>Sat April 30<sup>th</sup> 10-5pm</u></b> <b>Herbal Pharmacy.</b>	<b>How to make medicines from wild herbs. How to harvest and prepare herbal medicines. Includes tinctures, salves, and infused oils. Make a calendula tincture.</b>
<b>Kitchen Pharmacy &amp; First Aid.</b>	<b>Medicinal uses of culinary herbs and spices. Medicinal mushrooms. Creating a First Aid kit. How to make calendula salve.</b>
<b>Herbal Treatment of Digestive Conditions</b>	<b>Herbal bitters and carminatives. Herbal treatment of digestive conditions e.g. poor digestion, bloating, and indigestion.</b>