



A Course in Herbal Medicine: Part Two starts May 2016

Part 2 delves deeper into the principles and practice of herbal medicine.

We will look at the different systems of the body in turn, covering their basic anatomy and physiology, and the holistic treatment of some common conditions.

We will cover a variety of herbs relevant to each system, especially ones which you may find useful when creating your home dispensary.

In Part One and Two we cover the use of about fifty herbs in total.

We will look at some important underlying causes such as inflammation, food intolerance, and insulin resistance. Strategies for these are powerful healing tools.

At the end of the course we will bring together all that we have learnt and look at building your home dispensary.

The practical work will consist of an optional full day where we will identify some medicinal herbs growing locally, and then prepare medicines from what we have collected.

This course will run from May to July 2016, over three days (or four days if you attend the optional medicine making day).

Part Two Brief Course Outline 2016

| Week | Topics |
|-------------------------------------|--|
| Introduction | The home herbalist and the scope of safe practice |
| Immunity | Herbal treatment of common respiratory conditions e.g. sinusitis, allergies and chest infections. Inflammation's role in health and disease Herbs and antibiotic resistance |
| Digestion | Herbal treatment of some common digestive conditions e.g. acid reflux 'Leaky gut', gut bacteria and health Food intolerance and elimination diets. |
| Nervous system | Herbal treatment of common conditions e.g. insomnia, anxiety, and different types of headache The role of adaptogen herbs in the modern world |
| Cardiovascular system | Herbal treatment of some common conditions e.g. mild high blood pressure, poor circulation Insulin resistance and metabolic syndrome |
| Skin and joints | Herbal treatment of arthritis, eczema, and acne. Elimination theory. |
| Reproductive system | Herbal treatment of some common conditions e.g. premenstrual syndrome and the menopause |
| Summary | Summary of whole course, and further resources How to create a home dispensary: what herbs will you need? |
| Optional Medicine Making Day | Morning: Identify and harvest some common plants in the wild, using some basic botany skills. Afternoon: Make medicines to take home, such as tinctures and salves, using what we have collected. |