

A Course in Herbal Medicine: Part One June 2017

	Topics covered
Herbal Practice and Philosophy	What is a home herbalist. How to treat causes, not symptoms. Herbal safety: interactions and contraindications. Herbal constituents and actions. Understanding dosage.
Herbal Pharmacy.	How to make medicines from wild herbs. How to harvest and prepare herbal medicines – decoctions, tinctures, salves, and infused oils. Make a calendula tincture.
Holistic Health	Looking at some key areas of health, nutrition, sleep, stress, and fatigue, and the use of herbs, diet and lifestyle here.
Seasonal Wellness.	Herbs that support the immune system. Treatment of hay fever, colds and flu. Make elderberry syrup
Kitchen Pharmacy & First Aid.	Medicinal uses of culinary herbs and spices. Medicinal mushrooms. Creating a First Aid kit. Make a calendula salve.
Herbal Treatment of Digestive Conditions	Herbal treatment of digestive conditions e.g. poor digestion, bloating, and indigestion. Herbal bitters and carminatives. Make a digestive tonic