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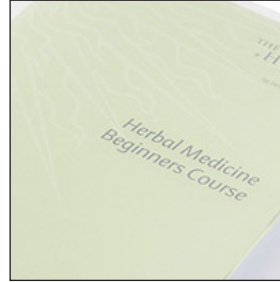
*herbal medicine beginners course*

*home study courses*

*grow · plant · heal*



THE  
SCHOOL OF HEALTH®



*Herbal medicine has many names – plant medicine, phytochemistry, herbalism, old wives’ tales, ethnobotany, energy medicine, wilderness medicine, plant spirit medicine, intuitive plant medicine, sensory herbalism and so on. Each phrase holds a nod to the different way of working with plants. This beginner’s course is aimed at folk who might like to use herbs for home health and wellbeing and introduces the student to some very commonly found plants that grow in temperate climates.*

Learn the basics of Herbal Medicine from the comfort of your own home with this online herbalism course for beginners (with a supporting course pack sent by post). The course (40 hours) starts you on your herbalism journey by teaching you how to identify some commonly used herbs, where and how to find them, and helping you to acquire the confidence to use our beautiful plant kin as medicine for yourself.

In this course, we will consider which plants we each choose to consume, treasure, research or ignore.

We will find out about the stories, the magic and the wonder and at how plant medicine has affected people in healing and in different parts of the world at different times in history.

### **Herbal Medicine Beginners Course**

Have you considered traditional uses or modern uses of plants? Do you know anything about the appropriation of plant healing or medicine, of intuitive understanding, personal relationship and or community wellbeing? Herbalism can be learned and

*“Wild plant medicines are our future, they are our allies. We can learn so much from them and of course we are constantly learning about them. Sharing the knowledge and teaching people how to safely use herbal medicines is a great love of mine. May we relearn the old ways and make beautiful the new.”*

*Amaia Dadachanji, Course Teacher*



utilised in so many different ways from running a clinic to sustaining a community to making personal remedies and rewilding. Consider how you'd like to practice herbalism and what aspects excite you.

You will be introduced to home herbalism with the heart and hearth at the centre. This course is about you and your learning and you can take it as deeply as you'd like to. What feeds your fire? What nourishes your soul or spirit? What makes you smile or wonder? Which plants are you drawn to? Which plants appear around you? There are so many things to consider before we even begin to make medicine or think about healing but this course is the best place to start!

The course is structured in line with its core book, Wild Apothecary: Reclaiming Plant Medicine for All, and is split into units including herbal medicine, remedies and harvesting and goes on to present the use of herbal medicine through the ages from baby to elder. The book also includes decolonisation of herbalism

which may well resonate as we find ethical ways to work with our plant kin.

### **What is in the package**

- Access to the Online Course
- Herbalism Beginners Course Manual
- 18 Movie Lectures
- Book: Wild Apothecary, Reclaiming Plant Medicine
- Tutor Marking
- Herbal Sample Tea
- Herbal Sample Dandelion Coffee
- Discount vouchers for further study
- Discount vouchers for additional products



## **Herbal Medicine Beginners Course Overview**

Units: 1-5

Study hours: 40

Course Length: 1 month

Enrolment period given: 12 months

Includes: Course materials, video lectures, tutor marking, book (Wild Apothecary).

Products: Nettle tea and Dandelion coffee

Certificate: Basic Certificate in Herbal Medicine

The Herbal Medicine Course is made up of 5 Parts:

*Part 1 - Tending the Land and Self*

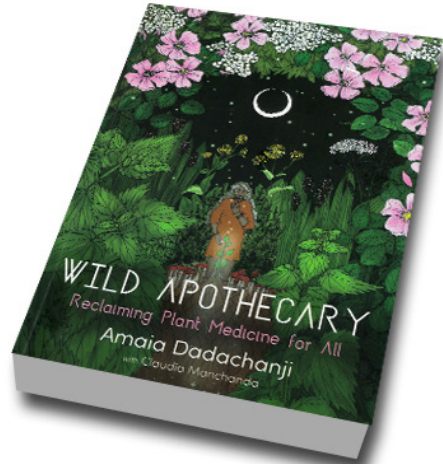
*Part 2 - Medicine Making*

*Part 3 - From Babies to Elders*

*Part 4 - Case Studies*

*Part 5 - 20 Monographs (Plant Stories) for:*

|           |             |
|-----------|-------------|
| Aniseed   | Lemon Balm  |
| Betony    | Marigold    |
| Burdock   | Marshmallow |
| Chickweed | Mugwort     |
| Cleavers  | Pine        |
| Cornsilk  | Plantain    |
| Dandelion | Red Clover  |
| Fennel    | Rosemary    |
| Feverfew  | Self Heal   |
| Hyssop    | Turkey Tail |



### **Entry requirements**

No prior medical training is required; we provide everything that you will need.

### **Get more information**

We would love to hear from you, please contact us for further information and help with any questions.

### **The School of Health**

Orchard Leigh, Rodborough Hill, Stroud, GL5 3SS, UK

T: +44 (0)1453 709 709

E: [info@soh.uk](mailto:info@soh.uk)

[www.schoolofhealth.com](http://www.schoolofhealth.com)

