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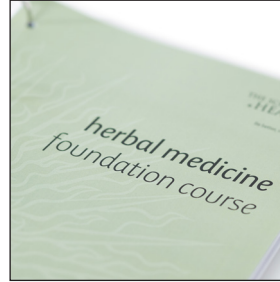
*herbal medicine course*

*home study courses*

*grow · plant · heal*



THE  
SCHOOL OF HEALTH®



*Plant power! Plants have formed the basis of medical treatment for much of human history, and their use in the prevention and treatment of illness is still very much a part of healing today. Using herbs to prevent and treat illness is the most ancient form of medicine, and in fact remains the most common form of medicine in use today.*

The World Health Organization estimates that 80% of the global population rely at least partially on herbal medicines for their primary health care needs, and the use of herbal remedies is so widespread that most people do not even realise that they are using them. For example, common herbs and spices added to food may aid the digestion, and most people know that dock leaves will ease a nettle sting, and that putting vinegar on a wasp sting will relieve the pain. We offer a Herbal Medicine Foundation course as the perfect way to learn about this fascinating subject so you can learn the fundamentals and put what you have learned into practice.

This accredited course is ideal for beginners who want to use herbal medicines at home or therapists who want to prescribe some basic herbal medicines in their clinic alongside their main therapy.

### **Herbal Medicine Foundation Course**

Our Herbal Medicine Foundation course provides a good grounding of knowledge on the teachings, philosophy and practice of herbal medicine. It is an ideal starting point for anyone wishing to use herbal medicine in the home, for those who wish to do a foundation course before training as a professional herbalist, or for any naturopath, nutritionist or other therapist who would like to understand more about herbs and incorporate the use of a few herbal medicines into their existing practice.

*“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*



This course is divided into four units and is beginner to intermediate level. This course will give you a solid foundation of knowledge and inspiration from which to progress to further studies if you wish to do so. You will be able to make herbal remedies for yourself, your friends and family, and feel empowered that you have a sound knowledge of herbal medicine.

You will learn about the history of herbal medicine and use of herbal medicine today, the way herbs work, how we can use them in relation to the body and how and why we make particular remedies and blends.

All the course case studies are from a practising herbalist who has completed years of training and hundreds of hours of clinical experience with decades of practice in the field.

You will be able to make remedies for yourself, family and friends and feel empowered that you know about herbs. (repeated) Learn more complicated blends and the simpler remedies – teas, ointments and lotions etc.

The emphasis on this course is to introduce you to 30 herbs you will begin to get to know really well and can use with confidence. You will gain the knowledge that certain herbs will help certain conditions and certain people and that you can make remedies for minor ailments while understanding herbs work for more serious conditions.

### ***The study experience***

The course follows a blended learning approach, offering multiple study methods including written Units (delivered in the post), movie lectures, quizzes, online sessions, social media, tutor group meetings, and personalised support from your tutor. All delivered through our bespoke Online Learning System.

Study is guided through the Units, with descriptions, references, and diagrams to support the syllabus.

Self-assessment questions help reinforce learning, and at the end of each Unit, you upload written assignments to your tutor for full written feedback.

## **Herbal Medicine Foundation Course Overview**

Units: 1-4

Study hours: 400

Course Length: 12 months

Enrolment period given: 18 months

Includes: Course materials, video lectures, tutor marking, books (The Complete Herbal Tutor by Anne McIntyre and Hedgerow Medicine by Julie Bruton-Seal and Matthew Seal)

Study options: Correspondence or e-learning

Certificate: Foundation Diploma Herbal Medicine

The Herbal Medicine Course is made up of 4 Units:

### **Unit 1**

Introduction to herbal medicine

The history of herbal medicine

Materia medica, foraging, growing, medicine making and phytochemistry

Safety, limitations and the law.

### **Unit 2**

The digestive system including the liver

The integumentary system

The cardiovascular system

The respiratory system

### **Unit 3**

The immune system

The lymphatic system

The nervous system

The endocrine system

### **Unit 4**

The musculoskeletal system

The urinary system

The reproductive system

### **Complementary Medical Association Accredited**

Our Herbal Medicine Foundation Course is accredited by the Complementary Medical Association (CMA), upon graduation you can register with the CMA.

Following successful graduation from our course if you did want to continue your studies in Herbal Medicine to become a Herbalist you may be able to apply for advanced entry into year two of another programme. Full training as a professional herbalist usually takes 3 to 4 years. It is advisable to check about advanced entry with the other course provider prior to enrolment.

### **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**

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