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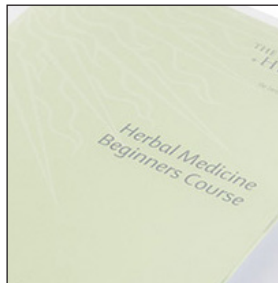
herbal medicine beginners course

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 distance learning herbalism course for beginners. This short course (20 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.

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

- 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: 20

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

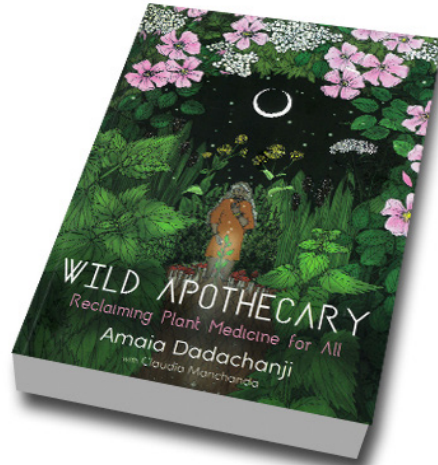
Part 2 - Medicine Making

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.

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