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Visit www.herbsforhealing.org.uk to book courses.
You'll also find a large information resource and online shop.

Herbal Medicine for Healing Scheduled Courses

16.02.2008

A Natural First Aid kit

Venue: **5 Turnworth**

You don't want to start digging for the right herb in your garden when you need an instant but not harmful remedy in an emergency. Here you can find out about them.

How do you deal effectively with cuts, burns, bruises etc for yourself and for your children?

01.03.2008

Alternatives to pharmaceutical drugs

Venue: **5 Turnworth**

Side effects of chemical drugs like paracetamol, statins, beta blockers, NSAIDs: What are the alternatives?

Pharmaceutical drugs can save lives but have side effects. Many people are looking for safer but also effective natural alternatives.

Herbal treatment, diet and life style changes can make a marked difference, leading to a healthier future instead of an increasingly longer list of pills.

15.03.2008

Make your own cream, tincture and tea

Venue: **5 Turnworth**

We will learn how to make these products using only natural ingredients; when you create them yourself you know exactly what they contain. Learn which herbs to collect and how to store them. How to make a herbal tincture, a way of drawing out the herb's property.

How to make capsules with different powders. How to make your own Calendula or Comfrey cream. Or St John's Wort oil. How to make a herbal infusion or decoction.

It is great fun to make them for yourself or as a present for a friend.

19.03.2008

Herbs for Healing

Venue: **Hawking Down, Hindon. 01747 820312.**

29.03.2008

Natural remedies that work

Venue: **Long Crichel Herb Garden**

Herbal medicine is the oldest and most tried and tested form of medicine.

Most synthetic drugs are based on chemicals extracted from herbs.

This course will teach you which herbs to use and how to use them for simple and common conditions. Apart from herbs, nature provides many more effective remedies for healing.

Healing clay (or Fuller's Earth) and the bee product propolis are highly valuable items for the medicine cupboard, which are reliable and fast acting.

12.04.2008

Make your own cream, tincture and tea

Venue: **Long Crichel Herb Garden**

For members of 'Women's Farm and Garden' only

06, 07 and 08.06.2008

Herbs for Healing Weekend

Venue: **Monkton Wyld Court, Devon.**

www.monktonwyldcourt.org

Learn how to use herbs holistically. Holistic herbal treatment looks for the cause of the condition by taking into account all the different symptoms, diet, life style, past medical history, etc. Natural remedies strengthen the immune system. This system is the basis for health. It helps us to deal with viral, bacterial and fungal infections. Natural First Aid remedies will be at hand for cuts, burns, wounds, abrasions etc.

27, 28 and 29.06.2008

Herbs for Healing Weekend

Venue: **Kingcombe Centre, Toller Porcorum, Dorset**

www.kingcombecentre.org.uk

Course details are as above (Monkton Wyld).

Long Crichel Herb Garden will be holding more courses in the Spring. See website nearer the time