

Introduction to Herbal First Aid



With

Linda Moran BSc Herb Med MNIMH

Haye Mill, Haye, Callington

Six Sessions over 5 weeks

6.15pm for a 6.30 start!

Finish 9.00pm

Thursday 10th June 2010

Thursday 17th June 2010

Thursday 24nd June 2010

Thursday 1st July 2010

Thursday 8th July 2010

Friday 9th July 2010

Places limited – please book by 28th April 2010

see attached booking form

Contact Suzanne: e-mail suzannehayemill@hotmail.co.uk

Tel: 01579 382885

Website: www.hayemill.com

Cost: £11 per session including all materials

To put together an herbal first aid kit!

Course Aim

- To introduce the basic knowledge and skills required to treat several minor ailments safely and effectively with herbal remedies

Session 1

- Course introduction, herbal medicine definition, herbs for fighting infections, herbs that influence immunity - echinacea, calendula, garlic and myrrh. Practical: making an infusion, blending an anti-bacterial tea, blending a fever tea

Session 2

- Herbs for the respiratory system - coughs, colds, sinusitis, bronchitis, sore throats, hay fever - thyme, sage, liquorice, elderflower, ginger. Practical: making a decoction, making a cough syrup, blending a chest rub

Session 3

- Herbs for the digestive system - indigestion, gastric infections, colic, IBS - chamomile, slippery elm, peppermint, meadowsweet. Practical: blending a digestive tea, blending a tincture mix for tummy upsets

Session 4

- Herbs for the skin - burns, infected wounds, fungal infections, cold sores, eczema - aloe vera, nettles. Practical: how to make a drawing poultice, making a chamomile cream, making a calendula ointment

Session 5

- Herbs for the muscular/skeletal system - comfrey, chilli, white willow bark, rosemary. Practical: making a comfrey ointment, blending a bumps and bruises cream, blending a joint rub ointment, making a herbal plaster

Session 6

- Herbs for the nervous system - insomnia, stress, anxiety, headaches - lavender, lemon balm, valerian. Practical: making a relax rub, blending a sleep tea, blending a nourish tea, blending some relax drops

Introduction to Herbal First Aid

Booking Form



With

Linda Moran BSc Herb Med MNIMH

At Hays Mill, Hays, Callington

Name.....

Address.....

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Phone No.....

E-mail.....

This is a six session course and must be paid *in full* before the course starts even if you cannot attend all of the sessions

Deposit (to secure booking) £30 to be paid by 28th April

Balance of £36 to be paid by 31st May

Or full payment of £66

Booking must be made by 28th April 2010

Cheques to be made payable to 'Hays Mill Charity Trust' and sent to:

Mrs Suzanne Littlewood Hays Mill Hays Callington Cornwall PL17 7JW