How to be a Home Herbalist

Module One - February

HH01:

- What is Herbal medicine?
- Global Herbal Traditions
- The History of Western Herbal Medicine
- Western Herbal Medicine Today

HH02:

- Growing, Foraging and Harvesting Herbs
- Herbs for February
    - Garlic
    - Wild garlic
    - Thyme
    - Turmeric
    - Cardamom
    - Ginger
    - Olive leaf
    - Black pepper
    - Cayenne
    - Cinnamon
- The Still Room - drying and storing herbs

HH03:

- The Systems of the Body – Digestive
- Common ailments of the gut and how to treat them
- Recipes

Module Two - March

HH04:

- Introduction
- Understanding Herbs
- Global Herbal Traditions – Ayurveda
- The Relationships between Taste and Constituents of Plants
- The Bitter Taste

HH05:

- Herbs for March
    - Rosemary
    - *Taraxacum officinallis* – Dandelion
    - *Cichorium intybus* – Chicory
    - *Arctium lappa* – Burdock
    - *Galium aparine* – Cleavers
    - *Urtica dioica* – Nettle
    - *Glechoma/Nepeta hederacea* – Ground ivy
    - Plantain
    - *Viola tricola*
    - *Viola odorata*
- The Still Room - Foods, infusions and decoctions

HH06:

- The Systems of the Body – respiratory
- Treatment of common respiratory ailments
- Starting a herbarium

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- How to sample plants
- Recipes

Module Three - April

HH07:

- Blend of old and new
- Global Herbal Traditions – TCM
- The Sour Taste

HH08:

- Monographs for April
  - Elderflower
  - Hawthorn
  - Mint
  - Agrimony
  - Vervain
  - Dill
  - Lemon balm
  - Sage
  - Coriander
- The still room - tinctures, glycerites, mouthwashes, gargles

HH09:

- The Systems of the Body – Nervous
- Common ailments of the nervous system and how to treat them
- The herbarium - the senses
- Recipes

Workshop 1 – 6th & 7th April 2027

Module Four - May

HH10:

- Our connection to the plant world
- Global Herbal Tradition - Tibetan medicine
- The Salty Taste

HH11:

- Monographs for May
  - Lavender
  - Meadowsweet
  - Rose
  - Chamomile
  - Basil + holy basil
  - California poppy
  - St John's Wort
  - Calendula
  - Oregano
- The still room - honeys, vinegars, elixirs and oxymels

HH12:

- Systems of the body - immune & lymphatic
- Treating common immune & lymphatic problems
- Recipes

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Module Five - June

HH13:

- Arab culture and humoral medicine
- Global Herbal Tradition - Unani Tibb
- The Sweet Taste

HH14:

- Monographs for June
  - *Achillea millefolium* – yarrow
  - Echinacea
  - Carnations + pinks
  - Daisy
  - Jasmine
  - *Scutellaria* spp.
  - Aloe vera
  - Red clover
  - Lady's mantle
- Still room - baths, salves and creams

HH15:

- The Cardiovascular system
- Treatment of common ailments of cv system
- The herbarium - Plant meditation
- Recipes

Workshop 2 – 15th, 6th & 17th June 2027

Module Six - July

HH16:

- Healing with herbs in the subtle realms
- Global Herbal Traditions - flower remedies & homoeopathy
- The Astringent Taste

HH17:

- Monographs for July
  - Fennel
  - Feverfew
  - Mullein
  - Hyssop
  - Honeysuckle
  - Lime flower
  - Rose scented geranium
  - Hibiscus
  - Horsetail
  - Prunella - self heal
- The still room - hydrosols, flower remedies

HH18:

- The reproductive and urinary system
- Treatment of common ailments of female genito-urinary system
- Treatment of common ailments of male genito-urinary system
- Recipes

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Module Seven - August

HH19:

- Fragrant oils for mental and emotional wellbeing
- Global Herbal Tradition – Aromatherapy
- Taste - Pungent

HH20:

- Herbal monographs for August
  - Evening primrose
  - Marshmallow
  - Gotu kola
  - Bilberry/blueberry
  - Passionflower
  - Milk thistle
  - Nasturtium
  - Artemisias
  - Hops
- Still room - herbal oils and liniments

HH21:

- The skin and the eyes system
- Treatment of common ailments of the skin
- Treatment of common ailments of eyes
- Recipes

Module Eight - September

HH22:

- GHT - the way forward
- Consulting a herbalist
- Global Herbal Tradition - shamanism

HH23:

- Herbal monographs for September
  - *Inula helenium* – Elecampane
  - *Ginkgo biloba* – Ginkgo
  - *Angelica archangelica* – Angelica
  - Licorice
  - Vitex
  - Ashwagandha
  - Siberian ginseng
  - Cornsilk
  - Shatavari
- Still room - powders, pastes and energy balls

HH24:

- Systems of the body – musculoskeletal
- Ailments of musculoskeletal system
- Recipes
- Conclusion - suppliers, further reading, websites

Workshop 3 – 7th, 8th & 9th September