

The home herbalist apprentice course modules

Module 1 - Kitchen Cupboard Pharmacy

This module is the introduction to the Home Herbal apprentice. To enjoy recognising that there can be ingredients in the kitchen cupboard that supports yourself and your family in wellbeing and also attending to symptoms that may arise.

We will place 3 herbal teas in the kitchen cupboard and explore each one in terms of what their qualities and medicinal properties offer to us.

We will examine how to use them as teas and sometimes in baths, footbaths and herbal compresses.

The herbs studied in this module will be nettle, marigold and dandelion root.

In this module we will study the health enhancing benefits of being able to make our own almond milk and barley water from ingredients kept in the kitchen cupboard.

By the end of this month you will feel confident in using herbs and healing foods from the kitchen cupboard.

Module 2 - Herbs and foods that support the immune system

In this module we were take a good look at what it means to support the immune system, we ask questions about when it of assistance to support the immune system is and how we can do this as a home herbalist?

Herbs that we will study this month are garlic, echinacea and olive leaf.

Out of the kitchen pharmacy we will bring lemons and the wonderful apple. We will discover the enormous health benefits of nature's fruits.

Module 3 - Using herbs with babies and children

We will look at dosages of herbal remedies for little ones and also introducing flavours and tastes that older children may not have encountered before.

The herbs we will study this month are meadowsweet, catnip and slippery elm. We will make a homemade cough syrup.

Module 4 - How to make your own herbal tinctures, creams, teas and poultices.

This module will offer full instructions on how to produce your own herbal remedies and we explore the art of herbal medicine making. Your kitchen cupboard will become your kitchen pharmacy filled and ready to extend all your creations.

Module 5 - Choose one herb that makes your heart sing and you would like to discover more about

This module offers the opportunity to dive deeper and to begin to trust your self. The module will support you in choosing one herb to study in depth this month. A list of herbs will be offered for you to choose from.

A visualisation is offered to explore the herb of your choice, sometimes this is called journeying with the plant.

Suggestions as how to learn more about this herb without a text book in front of you either on paper or online.

A question and answer exercise is offered for you to discover how much you have gathered about this plant during your time of focussing for a whole month on one herb.

Module 6 - The nervous system; discovering herbs that whisper of relaxation and all is well?

In this module we will focus on relaxation and opportunities to discover what stops us being at peace in this moment.

The herbs we will study are oat straw, lavender and skullcap.

Module 7 - Women's wellbeing; what does this mean in terms of feeling comfortable with the menstrual cycle

In this module we will study herbs that offer assistance with the menstrual cycle. The three in depth studies will be lady's mantle, motherwort and raspberry leaf.

We will study natural healing techniques for menstrual symptoms that are experienced as uncomfortable, including the use of castor oil packs.

A visualisation is included in this module for womb healing.

Module 8 - Which foods and herbs in the kitchen cupboard can be used in daily life to support the wellbeing of the liver?

This module will briefly look at the function of the liver within the physiology of the body.

The herbs studied this month are milk thistle and chamomile.

From the kitchen cupboard we will look at the benefits of lemons, olive oil and B vitamins.

A gentle liver cleanse will be discussed.

You will be supported in making your own liver support tea formula.

Module 9 -Aching and cramping muscles and painful joints.

In this module we will explore the easing of the body aching. This may be after a family member has played sports or exhausted from their daily activities. Or it may be as a result of symptoms of an illness.

The herbs we will study are boneset, cramp bark and turmeric.

We will explore compresses and juicing in this module.