

Herbs for Health

Course Aim(s): The course aims to broaden existing knowledge of herbal medicine and how plant remedies can be used and incorporated into daily life in order to maintain or improve health & well-being. It aims to examine the immense potential of herbal medicines in managing a range of health problems of the 21st Century

Course Description: This course covers important elements of health & well-being including aspects of modern living and illness. It provides a holistic approach to tackling some of the common health problems of the 21st Century and the role of herbal medicine, nutrition and lifestyle choices in ensuring optimum health and well-being.

Course Content:	Week 1	Understanding herbal therapeutic actions
	Week 2	Herbal preparations & Classification of Herbs
	Week 3	Holistic Health & Herbal Medicine
	Week 4	Inflammatory Disorders & Herbal Medicine
	Week 5	Endocrine Disorders & Herbal Medicine
	Week 6	Gut Disorders & Herbal Medicine
	Week 7	Skin Disorders & Herbal Medicine
	Week 8	Mental Health & Well-Being
	Week 9	Herbs in Food & Nutrition
	Week 10	Herbal Medicine for the 21 st Century

Method of Delivery: Lectures, Seminars, Group Work (Case Studies), Discussion, Practical Demonstrations (herbal preparations)

Other useful info: Health problems of the 21st Century increasingly require a holistic approach to diagnosis, treatment and management. Herbal medicine is a popular, safe and effective alternative to modern prescription drugs and surgery. This course aims to educate and inform on the many positive benefits of this traditional form of healing by tackling modern health problems from the perspective of tradition combined with scientific principle and evidence.