

Introduction to Herbal Medicine

This is a 2-day course aimed at introducing Western herbal medicine to those interested in learning about medicinal plants and how they can be used to treat or manage common ailments, illness and disease.

Participants will learn the basic principles of this ancient art of healing and the context of its practice today within modern healthcare and medicine.

Some detail will be given on selected popular herbs, particularly those readily available within health food shops and supermarkets and how they can be incorporated into daily routines to optimise health and well-being. A guide to commercial preparations will be provided which will give useful information and advice to those who want to buy over-the-counter (OTC) herbal medicines but remain confused and bewildered by the huge array of products available commercially to the consumer.

Participants will also learn about how medical herbalists take case histories in their practice and how to devise individual treatment plans and prescriptions. The course will conclude with a discussion of real case studies and a practical demonstration on how to make a home herbal preparation.

For further details, please contact Yaso Shan on 07817 420118 E:info@yaso-shan.co.uk