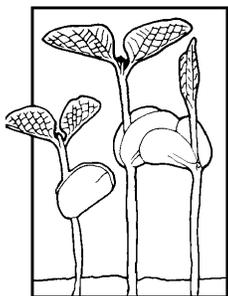


ENRICH YOUR HEALTH & LIFE WITH MEDICINE YOU CAN GROW!

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# The BEYOND the Home Herbalist ONLINE Series Starts March 18, 2015!

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## A Hands-On Overview of Herbal Medicine & Making Home Remedies for Anyone!

*Instructed by Maria Noël Groves, Clinical Herbalist*

Many of our common ailments and health concerns can easily be managed with medicinal herbs and healing foods. We'll start with an overview of backyard medicine and herbal safety and then look at seven common health concerns in depth. Each class will feature a unique herbal remedy to compliment the weeks' topic, helping to expand your creativity with fun ways to take your herbal medicine! The classes in this series build on the Home Herbalist Series with all new material, but anyone can take them regardless of previous studies.

### The BASIC version of this series includes...

- PDF of class notes (generally 10-15 pages each, full of information and recipes)
- Video link to a remedy-making video (at least one per class, approximately 20-40 minutes each, with unlimited access to view the video over again, whenever you'd like)

### The FULL version of this series includes

- The PDFs of class notes and video links PLUS
- **Approximately Two-Three Hours of Audio MP3 Files** of each full class. They will be sent electronically, and you can download them to listen to them as often as you'd like.
- **Homework & Certificate of Completion** for students who are registered for the whole series. You'll get assignments to fill out and return with each online class. Upon completion of the series and all its homework, you'll receive a Home Herbalist Certificate.

**First Class (of Nine) Releases March 18, 2015  
with the following classes released every other week.**

### The BEYOND the Home Herbalist Series Covers....

#### 1. Backyard Medicine: Basic Concepts & Favorite Medicinal Herbs from the Garden and Wild – “Backyard Tea” Blending

One of the most rewarding aspects of herbal medicine is the empowerment of being able to harvest an herb in your backyard to feel better. This class will offer an overview of the basic concepts of backyard medicine including the most common remedy-making techniques, key New Hampshire herbs, and considerations for cultivating and wildcrafting local plants. You'll learn how to make tea (a reprise from the Home Herbalist Series class #1).

#### 2. Herbal Safety: Combining Herbs & Pharmaceuticals Safely – Herb-Infused Broths

We will delve more deeply into herbal safety than we did in the Home Herbalist Series, discussing additional safety concerns and particularly how to use herbs safely even when you or someone you love is on many medications. We will also spend quite a bit of time revisiting and expanding our knowledge of tonic herbs and medicinal mushrooms, simmering a nourishing and delicious broth. You'll learn how to create your own broth; you can choose from ingredients that support overall health, nutrition,

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Checks and all major credit cards accepted.

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bones, immune health, thyroid, energy, vitality...

### **3. Longevity & Vitality: Plants that Slow Aging & Promote Good Health – Cordial, Elixirs & Oxymels**

Even if you don't have anything "wrong" with you, chances are you look at aging with apprehension. We'll discuss some of our best tonic herbs and foods that help prevent disease, maintain good energy, and keep your body healthy at any age. During this class, you will learn how to make cordials, elixirs, and oxymels.

### **4. Brain-Boosting Herbs – Brainiac Bonbons**

Feeling foggy lately? Learn about some amazing, safe herbs that enhance brain circulation, reduce the effects of stress, energize, and have proven memory-enhancing effects. We'll also discuss helpful foods and lifestyle techniques to keep your brain running top-notch whether you're a student, a busy parent, or approaching old age and are concerned about mental decline. You'll learn how to make bonbons (more formally called an electuary in herbal medicine) with energy and memory herbs and foods.

### **5. Strong Bones for Life – Super Nourishing Infusion & Seaweed Sesame Snacks**

You know you need to take calcium, but what kind? Coral, citrate, carbonate, chelated, bone calcium... And then you've got magnesium, vitamin D, vitamin C, vitamin K, zinc, boron, sunshine, and weight-bearing exercise. We'll muddle through fact and myth, food and supplements, and a few fun activities to make your bones stronger. You'll get to see how to make a nutritive Super Infusion with bone-building herbs. Maria will also cook up a seaweed and sesame seed snack.

### **6. Managing Chronic Pain – Gin Raisins & Topical Pain Oil**

Headaches, migraines, osteo and rheumatoid arthritis, chronic fatigue, fibromyalgia. These are not easy conditions to treat. However, it's worth sleuthing out the cause of your pain and looking at it as a task master rather than something to overcome and ignore. Through this, you can achieve better health and less

pain. We'll discuss natural pain-relieving herbs as well as useful minerals, supplements, dietary changes, and lifestyle changes. In the video, Maria will show you how to make a handful of useful pain-relief remedies: gin raisins, a topical pain oil, and a rice sock.

### **7. Strong Lungs – Herbal Cough Drops**

We often take our ability to breathe for granted, but when chronic or acute illness prevents our lungs from functioning properly, it can be very scary. We'll discuss herbs that can support the lungs in a variety of conditions including asthma, bronchitis, pneumonia, and stubborn colds. Maria will show you how to make cough drops with herbs of your choice.

### **8. Healthy Skin with Herbs - Herbal Exfoliant & Flower Water**

Your skin is the manifestation of your body. Learn how herbs and dietary changes can significantly improve (and, in some cases, eliminate) common skin issues including eczema, acne, dermatitis, psoriasis, fungal infections, even aging! You'll come to understand how closely linked your skin is with the health of your digestive system, liver, nervous system, and general lifestyle. We'll discuss remedies that provide quick relief as well as healthy lifestyle tips to help your skin glow. You'll learn how to make flower waters and exfoliants.

### **9. Herbal Allies for Weight Loss – Herbal Chocolate!**

You know that a healthy diet and exercise are crucial to achieve a healthy weight, but perhaps you need a nudge to help you maintain your goals and accelerate the process? Many herbs safely boost metabolism, curb cravings, and give you the energy to keep up your exercise routine. Learn which plants to turn to for your weight loss challenges and which ones to avoid due to potentially dangerous side effects. We'll also discuss herbal therapies for sneaky weight loss saboteurs including stress, blood sugar, and thyroid issues. Maria will make a batch of herbal chocolate that will satisfy a sweet tooth healthfully.

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