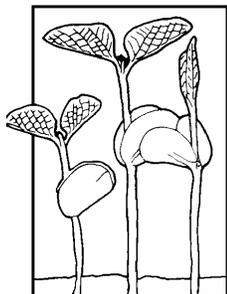


ENRICH YOUR HEALTH & LIFE WITH MEDICINE YOU CAN GROW!

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## The Home Herbalist ONLINE Series Is Available NOW!

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### A Hands-On Overview of Herbal Medicine & Making Home Remedies for Anyone! *Instructed by Maria Noël Groves, Clinical Herbalist*

These **nine online classes** will give you a **solid background in herbs** so that you are more educated in the primary **body systems** and comfortable using herbs to help heal a variety of **common health concerns**. Each class will discuss a body system, food and herbs that can be helpful, as well as a **remedy-making demonstration** (with finished samples to bring home). **Perfect for beginner and intermediate herbalists**, and anyone who would like to better understand these lovely healing plants.

#### 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** only 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.

**You Will Receive ALL Class Materials Via Email Within 2 Business Days of Registration**  
**This series covers...**

#### **Introduction to Herbalism & Herbal Nutrition**

We'll start off with a brief exploration into the art of herbalism and some herb safety basics. We'll also discuss some of most nutritious, vita-mineral-rich herbs that provide the base for almost any herbal therapy. Then we'll spend the bulk of this class covering our most important herbal remedy: tea.

#### *Remedy Making: The Art of Tea*

Maria will demonstrate the basics of harvesting herbs and making an infusion, decoction, and super infusion in the video. In the audio class and notes, Maria will discuss some of our most popular simple herb teas. Learn how to blend them for medicine and pleasure.

#### **NEWLY EXPANDED! Stress & Energy:**

#### **Adaptogens for Health**

Find yourself running on empty? We'll learn about herbs that help your body withstand stress better to keep your mood and energy levels at top notch. We'll also discuss herbs that help to relax your nervous system, relieve tension, depression, anxiety, and insomnia.

**Remedy Making: Tinctures:** Tinctures, or alcohol extracts of herbs, are easy to make, potent, and have a long shelf life. Learn how to make these indispensable remedies.

*See back page for the rest of the series class descriptions!*

## **NEWLY EXPANDED! Relaxation & Mood: Herbs for the Nervous System**

Find yourself running on empty? We'll learn about herbs that help your body withstand stress better to keep your mood and energy levels at top notch. We'll also discuss herbs that help to relax your nervous system, relieve tension, depression, anxiety, and insomnia.

**NEW! Remedy Making: Flower Essences:** The elusive yet practical flower essence can have profound benefits for our emotional health while having minimal side effects. (Note: These are not essential oils.)

## **Digestive Wellness with Herbs**

Does your belly ache or your heart burn? Digestion is one of the most important body systems that we rely on, yet it often doesn't function as well as it should. We'll discuss our best herbal options for indigestion, heartburn, gas, diarrhea, constipation, and other common digestive trouble.

### *Remedy Making: Herbal Oils*

Herbal oils may be used to help heal skin rashes, burns, bruises, fungus, sores, and some types of pain, depending on which herbs are used. In this video, you'll learn a simple technique to make herbal oils for use on their own or to make salves. The notes will show you two other techniques to try and introduce you to some of our most useful topical healing herbs.

## **Detoxification: Herbs for the Liver, Colon & UT**

Throughout history humans have used the seasons and holidays to cleanse their bodies on a regular basis. Learn how food and herbs help your body remove toxins more efficiently and how to decide which ones are best for you.

### *Remedy Making: Capsules*

Capsules can be a convenient way to take your herbs, particularly if you don't like to taste them. Making your own capsules cost a lot less than buying them pre-made, and you can control exactly what goes into your pills. In this video, Maria will show you how easy it is to make capsules with homegrown or store-bought herbs.

## **Balancing Blood Sugar Naturally**

Blood sugar balance has become an epidemic concern in America. Learn how diet and herbs like gymnema, cinnamon, and blueberries can help manage blood sugar—from basic sugar cravings to type 2 diabetes.

**BONUS: Herbal First Aid** – We'll also talk about how to create your own First Aid Kit and what kinds

of products you might want to make or choose for your family's needs.

### *Remedy Making: Herbal Salves*

Using herbal oils, or just olive oil, beeswax, and a few other ingredients, Maria will show you how to quickly make professional-looking and useful salves for all sorts of skin and body concerns.

## **Hypertension & Cholesterol: Herbs for the Cardiovascular System**

Heart health is of utmost concern due to our diet, lifestyles, and aging. Learn how to use herbs, food, and dietary supplements to help manage these two common cardiovascular concerns. We'll also discuss heart tonics that can be helpful in a variety of situations.

### *Remedy Making: Herbal Honey & Vinegar*

Delicious herbal honeys and vinegars are a snap to make and keep for at least a year in the cupboard. Use them for medicine, flavor, and cooking. This class includes two separate videos for each technique.

## **Allergies, Colds, the Flu & Respiratory Health: Herbs for the Immune System**

Our herbal arsenal is better equipped to handle viruses like the common cold and the flu than modern medicine. We'll discuss foods and herbs to maintain a healthy immune system, as well as the ones we can call in when viral and bacterial infections strike. We'll also discuss remedies that can help reduce seasonal allergies, both in-the-moment and long-term.

### *Remedy Making: Elderberry Syrup*

This delicious remedy can support the immune system to protect against viral infections, sore throats, and more. In the video, you'll see how easy and affordable it is to make an eight-ounce bottle of your own to last you through the winter.

## **Women's & Men's Health: Herbs for the Reproductive System**

Some herbs can subtly and overtly manage our hormone cycles. We'll discuss some of the common women's and men's health concerns including PMS, cramps, menopause, libido, and BPH.

### *Remedy Making: Lip Balms & Natural Bodycare*

Once you realize how easy and inexpensive these all-natural bodycare items are to make, you'll never drop coin in a department store again! Great for gifts, too! This collection of videos will show you how to make lip balm, body cream, aromatherapy sprays, bath salts, massage oil, and salt scrubs.

**Email [office@wintergreenbotanicals.com](mailto:office@wintergreenbotanicals.com) or call 603 340-5161 to register.**

Checks and all major credit cards accepted.

**Full prepayment is required to receive the class or series.**