

## *Go Beyond the Basics & Learn New Herbal Skills*

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### **A Unique Herbal Study Series**

**begins on September 11, 2017!**

**Monday Evenings, 6-9 pm**

At Wintergreen Botanicals, LLC

(Bear Brook State Park)

*Each class is limited to 13 students - Sign up early to ensure your spot!*

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### **Beyond the Home Herbalist Series**

*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. Optional herb walks included for no added fee!

**Series students will receive a certificate upon completion** and optional homework assignments.

**Dates: Classes run September 11 through November 13, 2017. No class on October 9.**

☼ **Optional Herb Walks** from 5:30-6:00 pm before these classes – no extra fee!

#### **September 11 - Class 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. Everyone will be able to blend a “backyard tea” to bring home.

#### **September 18 - Class 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 bring home an ounce of herbs to simmer at home; you can choose from ingredients that support overall health, nutrition, bones, immune health, thyroid, energy, vitality...

#### **September 25 - Class 3: Longevity & Vitality: Plants that Slow Aging & Promote Good Health – Cordial, Elixirs & Oxymels**

Learn how to use safe, tonic herbs to boost your vitality no matter what your age! Maria will share some of her favorite herbs from the pages of her book *Body into Balance: An Herbal Guide to Holistic Self Care*. Learn which herbs improve brain function, provide calm energy, fight oxidative stress, fend off common chronic diseases, help us age more gracefully, and more. During this class, everyone will get to blend a four-ounce tasty longevity cordial, elixir, or oxymel (honey-vinegar base) to bring home.

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

#### **October 2 - Class 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. Together, we'll make bonbons (more formally called an electuary in herbal medicine) with energy and memory herbs and foods to bring home.

#### **October 16 - Class 5: Strong Bones for Life – Super Nourishing Infusion & Seaweed Sesame Snacks**

We'll explore the facts and confusion surrounding bone health, calcium, vitamin D, vitamin K, and magnesium, acid-alkaline balance, and weight-bearing exercise. Maria will take you on a photo journey through the garden to explore mineral-rich herbs and weeds that can have a profound effect on estrogen balance, bone loss, and bone formation. Learn how to make strong teas, broths, and yummy recipes with these herbs to encourage bone strength at any age. We'll muddle through fact and myth, food and supplements, look at the traditions of cultures with the strongest bones, and do a few fun activities to make your bones stronger. You'll get to taste a nutritive Super Infusion with bone-building herbs and get to blend your own to bring home. Maria will also cook up a seaweed and sesame seed snack to sample.

#### **October 23 - Class 6: Managing Chronic Pain – Gin Raisins or Pain Oil/Liniment ☼**

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. Everyone will get to make a four-ounce batch of the old timer remedy Gin Raisins for arthritis and inflammation or a topical pain oil/liniment.

#### **October 30 - Class 7: Strong Lungs – Herbal Cough Syrup**

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. We'll use some of the better-tasting lung herbs to make cough syrup for everyone to bring home. (I'll also share some cough drop and lozenge recipes, but I personally feel like the syrup is both easier and more effective.)

#### **November 6 - Class 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. We'll make an aromatic flower water to share. Everyone will also get to make a specially crafted skin exfoliant scrub.

#### **November 13 - Class 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. We'll make a batch of herbal chocolate for everyone to bring home to satisfy a sweet tooth healthfully.

**Discounted \$325 for the 9-class series** (due by 1<sup>st</sup> class)

**\$600 for students registering for the Home Herbalist Series & Beyond the Home Herbalist Series together. *Space willing*, individual classes will cost \$40/person.**

*Certificate* upon completion for series students who attend at least 8 of the 9 classes

**Register Online: [www.wintergreenbotanicals.com/classes](http://www.wintergreenbotanicals.com/classes)  
or email [office@wintergreenbotanicals.com](mailto:office@wintergreenbotanicals.com) or call 603 340-5161**

**Wintergreen Botanicals, Allenstown, NH ~ Nestled in Bear Brook State Park**