

Introduction to Herbal Medicine



With

Linda Moran Bsc, MNIMH at Haye Mill, Callington

On

Sunday 19th July

From

10.00 – 4.00

(Arrive 9.30 for coffee)

Bring lunch to share

Cost £10 for the day, £5 for herbal remedies to take home!

Linda will be exploring the wonderful world of plant remedies. Throughout the day we will be exploring what herbal medicine is, an overview of the historical and cultural tradition of herbal medicine and we will be making a range of herbal preparations! These will include infusions and blends of herbal teas, decoctions, oil infusions, rubs and ointments.

I can thoroughly recommend the day - I learnt so much and have now made my own comfrey oils which have really helped with bruises and sprains!

Booking essential as numbers will be limited due to space in the kitchen!

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Suzanne