

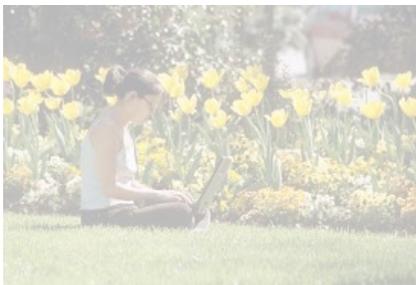


Heartwood

ONE YEAR ONLINE FOUNDATION COURSE IN HERBAL MEDICINE

An introduction to the healing and therapeutic properties of medicinal plants, both for personal interest and as a stepping stone to professional training in herbal medicine

**AVAILABLE NOW AT A
SPECIAL DISCOUNT PRICE
THROUGH YOUR NIMH
REGISTERED HERBALIST**



AT A GLANCE

Start Date: March 21st
2017

Pathways: Students opting for the **assessed** pathway normally begin their studies in **March** or in **September** each year. Students choosing the non-assessed pathway can begin their studies on the 21st of any month.

Duration: 1 year

Entry: Open to all

Units: Twelve (10 study hours per unit)

Assessment: 12 **monthly quizzes**, plus additional online tasks, including contributions to a herbal medicine Wiki and a botanical glossary.

Completion: 80% quiz average, plus **10 out of 12** webinars attended.

**USE THE PRACTITIONER CODE ON THE
BACK PAGE OF THIS LEAFLET TO OBTAIN A
40% REDUCTION IN THE COURSE FEE**

heartwood-uk.net

The Heartwood Foundation Course offers a broad introduction to the field of Herbal Medicine, with emphasis on the practical use of herbs to deal with common ailments. It offers two pathways, assessed and non-assessed, and learners successfully completing the assessed pathway can apply for a place on the Heartwood Professional Course.

The course is written and presented by Anita Ralph MSc, MNIMH, MCCP, and Mary Tassell MSc, MNIMH, and offers a range of learning and teaching activities via Heartwood's online delivery platform including:

- o Detailed monthly lessons featuring filmed tuition underpinned by text, graphics and additional files
- o Monthly real-time webinars offering guidance and feedback on all study matters
- o Opportunity for students to collaborate online via BigBlueButton, our high-quality, open source web-conferencing system

All video materials are accompanied by downloadable slide presentations, notes and other break-out materials, including photos, public domain audio and video snippets and relevant 3rd-party links.

As with all of Heartwood's courses, the Foundation Course offers a learning experience that is fun, flexible, affordable, engaging, inclusive, mobile-friendly and up-to-date, and the course plays a key role in Heartwood's mission to promote better public understanding of the scope and effectiveness of herbal medicine.



Course Outline

FC1: Introduction – the history, scope and philosophy of plant-based medicine

FC2: Plant science including plant classification, plant anatomy and basic pharmacology

FC3: Human science 1 (anatomy and physiology) - a systematic review of the structure and function of the human body

FC4: Herbal Medicine 1 - Fennel, Chamomile, Elder, Lemon Balm, Meadowsweet

FC5: Human Science 2 (physiology and comparative nutrition)

FC6: Herbal Medicine 2 - Hawthorn, Marigold, Lime Blossom, Lavender, Nettle

FC7: Human science 3 (introduction to pathophysiology)

FC8: Herbal Medicine 3 - Thyme, Marshmallow, Yarrow, Cleavers, Dandelion

FC9: Herbal approaches to common conditions 1

FC10: Herbal approaches to common conditions 2

FC11: Herbal approaches to common conditions 3

FC12: Herbal approaches to common conditions 4

"I am excited about being involved in the Heartwood Foundation Course as it is a wonderful way to reach out to people who are interested in exploring concepts and ideas within herbal medicine, but do not know where to access high quality, professionally authored content. Open to all, whether for professional or personal reasons, the course is egalitarian, interactive, informative and hopefully extremely interesting! Herbal medicine is unique in its diversity, and plants with the capacity for healing have had strong cultural significance for all peoples at all times in history. They have colour, fragrance and beauty, and often feature at landmark moments in our lives. They also fuel our scientific fascination for understanding plant-derived chemicals and their potential positive impact on our health and our environment." **ANITA RALPH MSc MNIMH MCPP**



PRACTITIONER CODE
1HA06FL



"For me, herbal medicine represents the inherent right of everyone to care for and provide healing for themselves and those they love. From the simplest herbal home remedy to the most complex and scientifically researched bespoke prescription, the practice of herbal medicine offers us the opportunity to connect with the environment in which we live with both insight and intelligence. I am very happy to have the chance to be involved in Heartwood, and to ensure that access to such a fundamental form of medicine continues to be made available to

all at a high standard." **MARY TASSELL MSc, MNIMH**

The price for the Heartwood Foundation Course is **£495** for the assessed pathway, and **£450** for the non-assessed pathway. However, by using the unique **Practitioner Code** (above) during the enrolment process, you can purchase the course for the **discounted price of £300 for the assessed pathway, and £270 for the non-assessed pathway**. Course fees can also be paid in monthly installments (12 x £30 for the assessed pathway, and 12 x £27 for the non-assessed pathway).

TO ENROL, PLEASE VISIT: tinyurl.com/fcstep1