

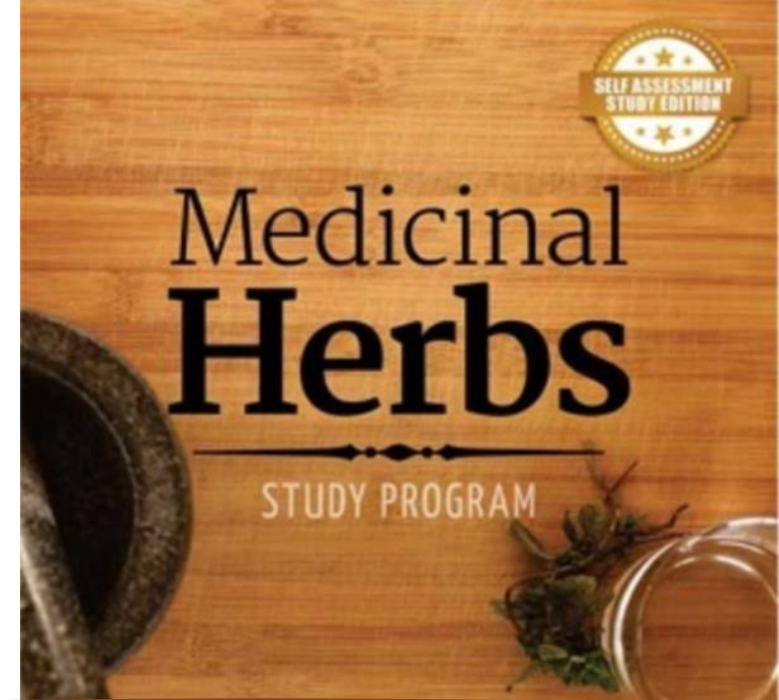


If you have always wanted to learn about using herbs for medicinal purposes, the **Medicinal Herbs short course** will provide you with a great place to start.

This self-guided course leads you through the different chemical components that herbs contain and their effects on the human body.

Learn all about Medicinal Herbs. From:

- Growing them; to,
- The chemicals found in different species; and
- What those chemicals do in the human body



Learn how to use...

This course covers the following areas- getting to know medicinal herbs, the chemicals in medicinal herbs and their effect on the human body, the different ways in which herbs are used for medicinal purposes, a guide of over 50 herbs and different ways in which you can **find work** or create **business opportunities** using medicinal herbs.

There are optional activities that you can complete along the way to learn more about the topic, including both practical and research activities.



The Academy of
Permaculture
Permaculture & Sustainability Education & Workshops

Medicinal
Herbs
at home

Health & Sustainability

LESSON 1. Introduction The Nature and Scope of Medicinal Herbs

- What Are They?
- Uses of Medicinal Herbs
- The Evolution of Medicinal Herbs
- The Scope of Medicinal Herbs

LESSON 2. Chemicals in Herbs and Their Effects on the Body

- Terms Used To Describe Medicinal Effects of Herbs
- Types of Chemicals found in Medicinal Herbs
- Other Terms Describing Medicinal Herb

LESSON 3. Ways Herbs Are Used

- Different Applications
- Medicinal Uses
- Some Important Points

LESSON 4. Methods of Preparing Herbs for Use

- How to Make Herbal Tea
- How to Make Herbal Decoctions
- How to Make Herbal Ointments

LESSON 5. Directory of Medicinal Herbs

- *Allium sativum*
- *Aloe vera*
- *Angelica archangelica*
- *Armoracia rusticana*
- *Asperula odorata* (syn. *Galium odoratum*)
- *Borago officinalis*
- *Calendula officinalis*
- *Capsicum annum*
- *Citrus limonum*
- *Echinacea purpurea*
- *Eucalyptus* spp.
- *Foeniculum vulgare*
- *Glycyrrhiza glabra*
- *Humulus lupulus*
- *Hyssopus officinalis*
- *Lavandula angustifolia* (syn. *L. officinalis*)
- *Linum usitatissimum*
- *Matricaria recutita* (syn *M. chamomilla*)
- *Melaleuca alternifolia*
- *Mentha pulegium*
- *Mentha spicata* (syn. *M. viridis*)
- *Oenothera biennis*
- *Panax quinquefolius*
- *Papaver orientale*
- *Rosmarinus officinalis*
- *Ruta graveolens*
- *Sanguisorba officinalis*
- *Symphytum officinale*
- *Thymus vulgaris*
- *Vanilla aromatica*
- *Zingiber officinale*
- and many others...

LESSON 6. Working with Medicinal Herbs

- Selling Medicinal Plants: Opportunities
- Where to Market Herb Products
- Processing Concerns
- Starting a Herb Business
- Planning
- Preparing a Business Plan for a Herb Farm or Nursery
- Production Requirements

2 Study Options

Option 1.

Study at your own pace. Anywhere there is an Internet Connection. Complete the online quiz for each lesson and a Final assessment and Download your Certificate of Completion. This will be approx. 20 hours of Study.

Option 2.

Attend our 2 day workshops held at our Latrobe, Tasmania Campus. 2 Intensive 4 hour sessions (with meal provided).

Visit Website for updated Events and Session Times.

Standard Cost: \$220

(See website for special pricing)