

Pat Collins

Total Health & Education Centre

Keeping the Upper Hunter Healthy

Herbal Correspondence Course

Module 1

NETTLES

*Making Hair Conditioner
Weeds and their uses*

Module 2

PLANTAIN

*Making an ointment
Wildcrafting*

Module 3

PADDY'S LUCERNE

*Making cough syrup
How to dry and process herbs*

Module 4

ST. JOHN'S WORT

*Making tinctures
Dried verses fresh herbs*

Module 5

COMFREY

*Make homemade
Sorbolene & Comfrey Cream
Medicinal herbs for home use*

Module 6

CAYENNE

*Making a cream for aches and pains
Creating your own herb garden*

Module 7

CALENDULA

*Making infused oils
Plant care and companion planting*

Module 8

HOREHOUND

*Making cough lozenges
How, when and where to gather herbs*

Module 9

VARIGATED THISTLE

*Making a Sun Protector Cream
Complementary medicine and the orthodox
system of medicine*

Module 10

GARLIC

*Creating an oxymel
Herbs for animals*

Module 11

PURSLANE

*Making a soap—solid shampoo soap
Herbs in cooking and teas*

Module 12

ECHINACEA

*Making medicinal capsules
Present and future trends in herbalsim*

All Modules will include materials to create each project and a surprise item relating to the herb being studied e.g. a bottle of essential oil