

Introduction to Herbal Medicine

This workshop will introduce you to the world of Herbal Medicine. You will be shown all the products that herbalists use to help your wellbeing. Ointments, creams, tinctures, poultices, compresses, capsules, tablets, syrups and so much more. You will learn to make your own tinctures as a base for your medicinal creams, sprays, ointments and syrups. All samples to be taken home.

- Learn to make tinctures. Make a tincture in season.
- Myrrh ointment
- H. Spray
- Cough syrup made from tinctures.
- H. Cream
- Silica capsules
- Comforting tea

Workshop 1

Weeds and their uses

Ever wanted to know what uses the weeds have that grow in your own backyard? You'll learn to identify these plants, learn their medicinal, cosmetic, culinary uses and how they balance our soil then use them to make into a variety of items.

- *Wild weed ointment*
- *Wild weed cream*
- *Chickweed or Purslane infused oil*
- *Paddys Lucerne syrup*
- *Tonic tea*
- *Chlorophyll capsules*

Introduction to Herbal Medicine

Workshop 2

Healing herbs grown in your garden

Learn what herbs you should grow in your own garden for healing. Samples will be brought along to share and bring along your own kitchen herbs so that you can learn their uses. Practical session will enable you to learn how to grow and use these herbs including making a refreshing sparkling drink.

- *Healing ointment*
- *Chamomile cream*
- *Wormwood tincture*
- *Elder champagne*
- *Comforting tea*
- *Feverfew capsules*
- *Wormwood capsules*
- *Rosemary salt* *
- *Spirit of Balm* *

Workshop 3

Respiratory herbs

In this workshop we'll identify and use weeds and herbs that can be used to relieve all types of respiratory ailments such as coughs and colds. You will make a number of products along with learning some simple home healing techniques.

- *Phytolacca ointment*
- *Chest rub*
- *Herbal lozenges*
- *Hot and cold flu drink*
- *Breathe easy tea*
- *Ginger and Chilli capsules*
- *Onion cough syrup*
- *Inhalant tin* *
- *Throat spray* *

Workshop 4

Booster your immune System

You will learn about many useful herbs that will booster your immune system along with other helpful information. We will cover a healthy diet, exercise, additives and lifestyle. We'll have healthy treats to sample and create lots of useful items to take home.

- *Myrrh ointment*
- *Blackberry Nightshade ointment*
- *Garlic syrup*
- *Winterblend tea*
- *Garlic and Chilli capsules*
- *Echinacea capsules*
- *Garlic salve* *
- *Echinacea tincture* *

Workshop 5

Beauty from Natural products

Learn how to create a natural cosmetic range. Understand more about the ingredients that are in common cosmetics and how you can replace them. You will learn about the oils, herbs, butters and so much more that will nourish and revitalise your skin type.

- *Clays*
- *Scrub*
- *Cleanser*
- *Toner*
- *Aloe and comfrey moisturising cream*
- *Body butter*
- *Rich cream for sensitive skin **
- *Nourishing oil **
- *Hydrating lotion **

Workshop 6

Culinary Herbs and their uses

Back to the kitchen garden to discover the wonderful world of kitchen herbs and their uses. You will learn that many of these herbs have medicinal uses as well so you will create culinary delights and condiments but also medicinal products. Added the Gingko tree, a living fossil that everyone should grow.

- *Salad dressing*
- *Italian herbs*
- *Tamari seed mix*
- *Calendula oil/ointment*
- *Memory tea*
- *Gingko capsules*
- *Carrot lotion*
- *Salad oil **
- *Mayonnaise **
- *Curry mix **

Workshop 7

Soaps, shampoos and washing gel

Learn how to make your own soaps from a basic recipe. You'll learn to create a large variety of soaps using various herbs, clays, natural colours, base oils, honey, essential oils and milk. We'll look at the ingredients in commercial bath products and learn how they affect our health. Create your own shampoo, hair conditioner and lots more.

- *Six Soaps*
- *Nettle hair conditioner*
- *Shampoo*
- *Washing gel*
- *Soap balls* *
- *Liquid soap* *
- *Castille soap* *

Workshop 8

Powerful Healing herbs

There are some specific herbs I love and use a lot – Comfrey, Cayenne and St. Johns Wort. You will learn all about their healing virtues and create a range of products from them. My popular A.R. cream for those aches and pains will be included.

- *Comfrey ointment*
- *Comfrey paste*
- *A.R. cream*
- *Women's Relaxing tea*
- *Chilli capsules*
- *Hypericum plus oil*
- *St. Johns wort capsules* *
- *Comfrey tincture* *
- *Chilli oil* *

Pat Collins

Total Health & Education Centre

Keeping the Upper Hunter Healthy

Workshop 9

Back to Basics using compresses and poultices

This is a hands on workshop where you will learn all about home healing so that you can feel confident about treating simple problems e.g. bruises, burns, earache, colds, diarrhoea and a fever. This is a workshop everyone should attend and is based on my book "Oh no not the onion poultice". It contains information that has been partially lost and was once the knowledge of every housewife, nurse and healer. Everyone loves creating products so there will be something for everyone.

- *Sun protector cream*
- *Sun protector lip salve*
- *Rose and Elder moisturising cream*
- *Alfa med tea*
- *St. Marys Thistle capsules*
- *Acid/Alkaline charts*
- *Grapefruit dressing**
- *Requested item**

Workshop 10

Create a First Aid Kit

In this workshop you'll create your own small first aid kit to take home or use in the car. You will make each of the 16 products including capsules, creams, ointments, tinctures, rescue remedy and sel salts put them in labelled containers and create a kit. Many people have told me this is the most useful thing we make on the course as it puts all the recipes and ideas into one easy to use kit.

- *16 items – see Pat's book "Pat's Herbal Recipes"*

Workshop 11

Stress, Anxiety and Depression

Learn how to deal with emotional problems. Cover diet, lifestyle, cortisol levels, hormones, mineral imbalances and so much more. You will be shown the herbs and essential oils that will help alleviate your problem.

- *Pat's Elixir*
- *Women's Balancing cream*
- *Relaxing tea*
- *St. Johns wort and Valerian capsules*
- *Passionflower spray*
- *Essential oil roll on*
- *Chaste tree capsules **
- *Women's Balancing tea **

Workshop 12

Natural Skin care

This can be a follow on from the Cosmetic workshop or a standalone workshop. So many beautiful natural products to make for all skin types. Also a focus on essential oils.

- Carrot moisturiser.
- How to make a lotion
- Stress less roll on
- Sun cream with Zinc
- Air spray with essential oils
- Calming lotion
- Butters, Jojoba and Rosehip oils.