



# BASIC WELLNESS COURSE

20 hours : \$399

## **Week one: Understanding the elements**

1. Learn how to identify the elements of our own constitutions, as well as the constitutions of others.
2. Taste herbs to learn how to identify the elements in herbs by their taste.
3. Learn how the plant parts correspond to elements
4. Identify imbalances in the body based on the elements
5. Understand the polarities of hot/cold, wet/dry and tense/relaxed and how they correspond with the elements

## **Week two: Herbal actions**

1. Discover herbal actions and how that applies to conditions
2. Understand the systems of the body and how different herbs act on different systems
3. Basic diagnostic tools
4. Bringing understanding of elements into systems and herbal actions

## **Week three: Basic medicine making**

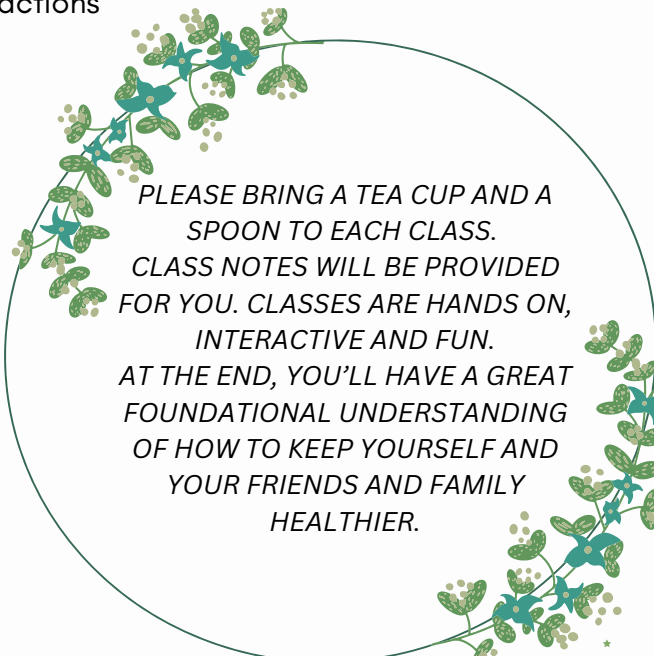
1. Basic teas, decoctions and tinctures
2. Tonics, salves, and oils.
3. Fresh vs dried herbs
4. Herbsinfood
5. Compound mixes - teas, capsules, and tinctures

## **Week four: Using your knowledge for peak wellness**

1. Herbs,homeopathy,foodandlifestyle.
2. Basichomeopathy
3. How to find and use valid resources for more knowledge

## **Week five: Review and practice**

1. Cautions and interactions
2. Using your knowledge to make recommendations
3. Practicing - Using actual cases from my practice



*PLEASE BRING A TEA CUP AND A SPOON TO EACH CLASS. CLASS NOTES WILL BE PROVIDED FOR YOU. CLASSES ARE HANDS ON, INTERACTIVE AND FUN. AT THE END, YOU'LL HAVE A GREAT FOUNDATIONAL UNDERSTANDING OF HOW TO KEEP YOURSELF AND YOUR FRIENDS AND FAMILY HEALTHIER.*

