



MASTER HERBALIST DIPLOMA

PROSPECTUS



MASTER HERBALIST DIPLOMA



The Master Herbalist diploma course consists of both online study and inperson immersion trainings.

- Herbal Medicine Complete online course
 - Herbal Medicine
 - Healing Diets
 - Iridology
- Immersion Trainings
 - Healing Diets
 - Naturopathy & Iridology
 - Essential Oils & Healing Touch
 - Quantum Botanicals & Flower Essences
 - Herbal Medicine
- Self Healing Module

Offering a comprehensive study of systemic western Herbal Medicine, the course curriculum includes an extensive study of a 116 herb Materia Medica, plus dozens of herbs for naturopathic support, formula creation and traditional herbal remedies, the chemistry of herbs, herbs for a range of life phases and independent heath, herb harvesting, storing and preparation, essential oils, flower essences and pharmacy creation.

These topics are fully integrated with the study of Iridology and Healing Diets, so that herbal recommendations are informed by knowledge of systemic and constitutional strengths and weaknesses of the individual and fully supported by cleansing and health building approaches to food as medicine.

The course is based on the approach developed by Dr. John Christopher, and with formula created by Farida Sharan, ND, author of Herbs of Grace, Creative Menopause and Iridology - A Complete Guide.

Herbal Medicine is a multi-dimensional field of opportunity that students explore with our strong foundation based on personal experience with self-healing and hands on classes.

With a potential future with private practice, growing or harvesting herbs, creating products, creating or working for ethical natural product companies, spas, health food stores or clinics, running booths at festivals and fairs, or combining herbal nutrients with other therapeutic modalities, students turn what they love into a life they love to live!



MASTER HERBALIST DIPLOMA

Course Curriculum

If you wish to create your own herbal practice or herbal pharmacy, create herbal products, import or export individual herbs or herbal formula, heal yourself, family and/or friends, or integrate herbal medicine with other modalities in a clinical setting, this course will remain a wealth of knowledge, wisdom and inspiration for years to come.

ONLINE STUDY

The three online courses offer a deep study of herbal medicine, healing diets and iridology, with creative, experiential and research based assignments that help students to integrate this knowledge for effective practice and personal self healing.

Studies are personally mentored by school founder, Bonny Casel, and she guides students as they develop consultation skills and lay the foundation for practice.

IMMERSION TRAININGS

The five 5 day Immersions provide the hands-on and consultation skills to educate clients and create and guide effective healing programmes. All of our immersions are held in London, with the exception of the herbal immersion, which is held in Norfolk.

HERBAL MEDICINE ONLINE COURSE TOPICS:

- History and philosophy
- Use of herbs in ancient and tradition societies
- · Chemistry of herbs
- climate, soil, active principles
- · Collecting, harvesting, storage



- Extraction
- · Food as medicine food as poison
- Food addictions
- Effects of diet, coffee, alcohol, drugs, etc., on the healing process
- Creating herbal formulas
- Prescription symbols
- · Herbal pharmacy terminology
- Contra-indications for a range of situations
- Materia Medica (116 primary herbs, plus dozens of supportive herbs) action, active ingredients, activity, applications, aromatherapy, astrology, Ayurveda, cautions, contraindications, chakras, elements, emotions, Chinese medicine, combinations, cultivation, dosage, energetics, flower essences, formulas, habitat, history, homeopathy, meridians, organs, names, nutrients, part used, personality, plant description, research, spiritual properties, substitutions, systems, taste, tissues, wildcrafting, and preparation.

- · Iatrogenic disease
- Herbs and Healing
- · Body system and Herbal Medicine
- Anatomy & Physiology is taught by body system and is integrated throughout the course
- Holistic perceptions
- Body/Mind/Spirit
- Vitamins, minerals and phytonutrients for body organs, systems and glands
- Botany
- Naming and identifying plants
- Collecting and preparing herbarium specimens
- · Plant classification appendix
- Pharmacy and dispensary
- · How to set up a pharmacy
- Dosage
- · Methods of herbal application
- First aid treatment
- Acute condition
- Fomentations
- Infusions
- Ointments
- Ovules
- · Pill making
- Poultices
- Smoking herbs
- Syrups and tinctures
- Distillation

HERBAL MEDICINE IMMERSION

The Herbal Medicine Immersion focuses on the core practice, consultation and programme creation skills required for effective practice.

Consultation skills are developed in alignment with a core principle of natural medicine; Doctor as Teacher, thus training students how to establish a genuinely holistic patientpractitioner relationship.

Practice and Pharmacy administration protocols and development are also explored, with the opportunity for students to refine their vision for their future practice.



Knowledge of the medicinal and nutritive properties of herbs in clinical practice is grounded alongside systemic anatomy and physiology, diet, lifestyle and supportive therapies, so that students approach programme creation holistically and within the context of the unique lives of their clients.

IRIDOLOGY STUDIES

Iridology is a form of analysis that examines the iris structure, iris markings and colours, and what is known as 'iris constitutional type,' to determine ageing pathways in the body.

Iridology does not diagnose disease, in the contemporary medical sense. What is does do is more meaningful as it shows you how to not become ill in the first place, how you are likely to develop disease if your lifestyle, diet and other influences play into your inherent weaknesses and, if you are ill, shows where to focus treatment to best support your own body's capacity to heal.

Through studying the iris, an Iridologist determines the inherent strength of each body system, current level of toxicity and stress in body tissues and, combined with a thorough understanding of holistic anatomy and



physiology, and a detailed case history, identifies the system, organ and gland weakness pattern that manifests as your individual pathway to disease.

This information is used to guide preventative and self healing programmes that incorporate education, purification, regeneration and preventative care.

Iridology also provides a uniquely effective way to explore the interior world of body, mind and emotions, along with their dynamic relationships; relationships that are at the core of psychoneuroimmunology. Traditional medicine has long recognised the relationship between emotional and mental states, and physical health and wellbeing. The modern medical model is also beginning to acknowledge mind-body dynamics, prompted by scientists such as Candace Pert, who discovered the link between emotions and cellular/molecular function.

Iridology can identify emotional and mental tendencies and their physical manifestations as a cohesive whole, so practitioners of holistic medicine are increasingly drawn to this valuable too for investigating the continuum of client health on all levels.

School of Natural Medicine offers one of the most comprehensive Iridology course in the world. Written by Farida Sharan ND, a leading pioneer of Iridology and author of the classic textbook 'Iridology - A Complete Guide,' 'Dictionary of Iridology,' and 'Iridology Colouring Book,' this course will provide you with the knowledge needed to create effective holistic health programmes.

IRIDOLOGY ONLINE COURSE TOPICS

- History and Philosophy of Iridology from 1000 BC to today
- Foundation of Natural Medicine studies of diet, herbs and supportive therapies are integrated throughout studies
- Symbolic Language of the Iris
- Iris Topography
- Embryology
- · Iris Drawing
- Iris Texture
- Iris Density and Structure
- European Constitutional Types
- Faridian Constitutional Types
- Basic Iris Signs
- Holistic Anatomy and Physiology
- Eliminative channels in the iris
- Nervous system in the iris
- Digestive system in the iris
- Circulatory system in the iris
- Lymphatic system in the iris
- Endocrine system in the iris
- Reproductive system in the iris
- Respiratory system in the iris
- Urinary system in the iris
- Skeletal and muscular systems in the iris
- Iridian Psychology
- · Ravid Model
- Flower essences, emotional healing and iridology

NATUROPATHY & IRIDOLOGY IMMERSION

Learn the fundamental principles of Iridology and Naturopathy as they apply to self care, self healing and clinical practice, develop



consultation skills and explore the profound visual language of the iris.

This 5 day Immersion integrates the philosophy and practice of traditional Naturopathy, with current understanding of holistic systemic anatomy and physiology, how the body develops acute and chronic disease and the role that the eliminative channels play in increasing health and vitality.

Iridology studies begin with iris structure, markings, body systems, eliminative channels and in-depth exploration of constitutional types.

Iris presentation of mind-body dynamics and inherent pathways to health and disease are considered in the context of psychoneuroimmunology and systemic mind-body healing.

Naturopathic therapies are introduced to support elimination, relieve detox symptoms, increase strength and vitality, support constitutional strengths and weakness and balance elemental energetics.

NATUROPATHY & IRIDOLOGY IMMERSION TOPICS

- Philosophy and principles of natural medicine in practice
- Iris Structure, Colour and Markings
- 9 Body Systems in the Iris
- Iris Constitutions
- Iris Drawing and Photography
- Introduction to Rayid Analysis and mind-body dynamics in the iris
- Integration of Naturopathy, Iridology, Diet and Herbal Medicine in self care, self healing and clinical practice
- Consultation skills
- Creating Holistic Naturopathic programmes

Each student's iris is photographed and analysed as a group, and we create an integrated self healing programme for each student that includes systemic herbal medicine, diet (cleansing and health building), preventative care, essential oils, flower essences, mind-body dynamic education and naturopathic therapies.

HEALING DIETS

This comprehensive study takes you on an inspirational and experiential journey through the art and science of 'food as medicine.'

Each lesson covers a facet of healing diets indepth, and creative, experiential and research based assignments help students to integrate this knowledge for effective practice and personal self healing.

The course curriculum includes cleansing and health building, transition diets, food for different life phases, a deep study of nutrients and their health benefits, organ and system cleanses, support for detox symptoms, food choices and the environment, and the politics of the food industry.



HEALING DIETS ONLINE COURSE TOPICS

- Water in cell, organ, gland and systemic function
- Effects of dehydration
- Water fasting: history, theory and practice
- Water quality, structure and preservation
- Hado water
- Juice fasting: history, theory and practice
- Liquitarian Diets
- Green drinks
- Produce hygiene
- Nutritional and medicinal properties of fruit and vegetables
- Disease progression: enervation, toxaemia, irritation, inflammation, ulceration, induration and function
- Steps to overcoming disease
- The eliminative organs: support with diet, herbs and naturopathic therapies
- Detox symptoms and naturopathic treatments
- Bowel cleansing: theory and practice
- In-depth study of digestive system and enteric nervous system
- Liver and gallbladder cleansing: theory and practice
- · Stomach cleansing and healing

- Nutritional support for body organs, systems and glands
- Purification diet
- Food combining
- Alkaline Diet: effects on body cells, organs, glands, and on mental and emotional health
- Minerals, vitamins, proteins, carbohydrates, fats, sugars, enzymes, antioxidants, phytonutrients, pre and probiotics, and light/ life force in food and their roles in body function
- Diet and the immune system
- · Lymphatic cleansing
- Transition Diets
- Low glycemic diets
- Healing food habits: mealtime stories, food addiction, emotional eating and other eating disorders
- Oils and fats: raw, vegetable, nut and seed, methods of extractions, effects on health
- Creating a healing diets kitchen: tools, cookware
- Conscious Eating: awareness, presentation, environment
- Menu inspiration
- · Five Elements and diet
- · Doshas and diet
- Prana, Tejas and Ojas
- 6 Tastes: sweet, sour, salty, pungent, bitter and astringent
- Healing spices: dosha balancing and medicinal benefits of culinary spices
- · Three Gunas and diet
- · Living foods: history, theory and practice
- · Fermented foods and drinks
- Sprouting
- Dehydrating foods
- · Use of nuts and seeds in healing diets
- Raw food diets: transitioning to raw, raw food preparation, nutrient density, raw challenges
- Assimilation of nutrient
- · Diet for babies and children
- Diet for adolescence
- Diet for preparing for pregnancy, pregnancy and nursing
- Diet for those on medication, chemotherapy and radiation therapy

- Diet for menopause
- Diet for the elderly
- · Food and conditions for increasing beauty
- Nutrient density for athletes
- Food and consciousness: emotions, cognition, increasing awareness
- Tissue Salts
- Parasite cleansing
- Vegan diet: philosophy, application and menu inspiration
- Health, societal, and economic consequences of eating animal products
- Food and Ethics
- Factory Farming
- Meat, dairy and egg replacers in recipes
- · Vegan and vegetarian baking
- Genetically modified foods: health, environmental and economic/societal costs
- · The seed industry
- Corporate food, the FDA, AMA, private and public research
- Litigation and school lunches
- Subsidized GMO farmers vs organic farmers
- Slave labour in the food industry
- Codex Alimentarius
- Food additives
- Public research private gain: funding for food research/funding policies
- · Changing food policies
- Food sovereignty
- · Soil and Health
- Organic farming; Biodynamics and Permaculture
- Self Healing
- Creating a practice
- Creating a consultation space
- Practice promotion, websites, marketing
- · Practice ethics and code of conduct
- Consultation skills
- Mind mapping
- · Healing diets programme creation

HEALING DIETS IMMERSION

The 5 day Healing Diets Immersion is a delicious, delightful hands-on experience that provides the foundation for inspired, creative



preparation of therapeutic nutrient dense foods. Students participate in establishing the rhythms of a living foods kitchen, moving from cleansing to health building, and culminating in gourmet raw food preparation.

Practical time in the kitchen is interspersed with lectures that focus on programme creation skills.

In this Immersion you will learn how to bring magic and inspiration into your relationship with food, along with the foundation to share this knowledge with others.

HEALING DIETS IMMERSION COURSE TOPICS INCLUDE:

- Establishing the rhythms of a living foods kitchen
- Fermenting, dehydrating, sprouting, juicing, culinary herbs and spices
- 5 Tastes in Chinese Medicine
- Doshas in Ayurvedic Medicine
- Transitioning from SAD to real food diet
- Transitioning to a vegan diet
- Transitioning to a raw food diet
- Vegan and raw desserts
- · Conscious food preparation and eating
- Consultation skills

- Case taking and clinical practice skills
- Creating Healing Diets programmes
- Creating a Healing Diets practice



ESSENTIAL OILS AND HEALING TOUCH IMMERSION

Essential Oils are plant medicines that have a unique resonance with the emotional body. Their complex chemistry and high frequency has a direct effect on cellular and DNA memory, permanently releasing trauma while increasing oxygenation to the pineal and pituitary glands. Essential oils also support healthy functioning of the endocrine, immune, nervous, respiratory, circulatory and digestive systems, are naturally anti-bacterial, anti-viral and potently antiinflammatory, increase focus and memory, increase right-hemisphere processing of life experience, increase coherence between mind and body and are effective anti-depressants and mood elevators. Their therapeutic benefits are enhanced by the beauty that they bring to day to day life.

The Essential Oils and Healing Touch Immersion focuses on experiential healing processes that combine essential oils with techniques to balance sympathetic and parasympathetic nervous system function and heart-brain coherence, allowing for deeper connection and receptivity to self healing.

As classes progress, healing processes shift to the study of Reflexology; a gentle format for exploring a range of healing touches and developing skills to bring clients into a deep state of relaxation where they are exceptionally open to the shifts in fractal progression offered by essential oils.

QUANTUM BOTANICALS AND FLOWER ESSENCES IMMERSION

This immersion focuses on plant based vibrational medicine. Studies begin with the fundamentals of 'What is Matter?', 'What is Health?' and 'What is Cure?' leading to an exploration of the science that underpins vibrational medicine.

Within the context of current understanding of energy, space, matter, organised energy fields, and the fractal nature of body, mind and emotions, students learn how the interconnectedness of mind and body can be harnessed to support self healing and evolution of consciousness.

Through lectures and experiential classes, students explore the world of plants, both physically and vibrationally, with reference to studies of plant consciousness, plant senses, the 12 Windows of Perception and human-plant resonance, leading to study of flower essences, felt sense, heart-brain coherence, brain hemisphere processing, the language of feeling and emotions, and the relationship between mental and emotional states, health and disease.

The study of flower essences is structured around the 38 Bach Flower Remedies as we learn about the 12 Healers (core personality



types), the 12 Helpers (for when the core personality is obscured by long-term disassociation or environmental influences) and the 19 Situational Remedies (for current internal and/or external stresses and influences).

Other flower essences systems are introduced and students are invited to explore their resonance with a range of essence producers including Flower Essences Services (FES) remedies, Icelandic Nature Essences, Alaskan Essences and others.

Every topic is fully integrated with the next, so that all topics are understood as a whole with a focus on developing therapeutic skills and creating effective programs, so that this knowledge can be used effectively in practice.

COURSE FEES & ENROLMENT

Students begin their studies by enrolling in the Herbal Medicine Complete online course, and enrol in Immersion Trainings at their own pace, attending either one or two Immersions each year.

Herbal Medicine Complete Online Course Payment Options

- 12 monthly payments of £320
- Payment in full of £3400

Immersion Trainings

Each immersion is offered on alternate years.

Healing Diets Immersion: £1600

Herbal Medicine Immersion: £1350

Essential Oils & Healing Touch: £1350

Naturopathy & Iridology: £1350

Quantum Botanicals & Flower Essences: £1350

Self Healing Module

The Self Healing Module can be enrolled in at any point during your studies, however we recommend enrolling as early on in your studies as possible so that you can experience the complete system of natural medicine that we teach in practice. This will also benefit the development of your consultation skills as you progress.

Self Healing Module: £550

See application form for enrolment details including deposits to reserve a place on an immersion, school policies and methods of payment.



WHAT QUALIFICATION WILL I RECEIVE ON COMPLETION OF THE MASTER HERBALIST DIPLOMA COURSE?

Upon graduation you will receive the Master Herbalist Diploma (MH), Master Iridologist (MIR) and Healing Diets Nutritional Consultant Diploma (HDNC) accredited by the AADP and AAMA and awarded by School of Natural Medicine. You will further qualify as a board certified Holistic Health Practitioner and Alternative Medical Practitioner and can join the Complementary Medical Association as a practitioner member.

As you complete the online part of your studies, you will also receive the Healing Diets Coach (HDC), Herbal Medicine Consultant (HMC), and Iridology Consultant certifications, accredited by the AADP. You will qualify for professional membership to the Complementary Medical Association and will be able to develop your practice alongside your further studies.

CAN I BEGIN WITH THE ONLINE HERBAL MEDICINE COMPLETE STUDIES AND CHOOSE TO ATTEND THE IMMERSION TRAININGS FOR MY DIPLOMA AT A LATER DATE?

Yes! You are welcome to begin with online certification training and, if at a later date, you would like to continue your studies towards one of our diplomas by attending Immersion Trainings and undertaking the Self Healing module, then your online studies will be applied in full towards diploma training.

HOW LONG DOES IT TAKE TO COMPLETE THE HERBAL MEDICINE COMPLETE ONLINE COURSE?

A guideline for assessing study time is as follows: **Herbal Medicine Complete** - 38 lessons - If you complete 1.5 lessons a month you will complete your studies in 2 years, which is the aim of most students. To complete at this pace will require about 10 hours per week. An additional year is added to your time for completion so that you can create a study schedule to fit in with personal and professional commitments, and to allow time for the unexpected.

HOW DO I GET HELP IF I HAVE A QUESTION?

Help with questions is readily available by contacting the school by email. If the questions are more complex, then Bonny will set up a time to speak with you on Skype. You can also arrange a time to speak with Bonny Casel by telephone. Email the school to schedule a time.

HOW IS THE ONLINE COURSE STUDY STRUCTURED?

There are 38 lessons, and each lesson contains between 40 and 60 pages of detailed study material, with additional links, video and/or recommended reading, depending on the lesson.

Assignments combine reading, research and writing, with creative projects and experiential self healing. Assignments for each lesson are sent together as a group for marking and feedback. If your assignments do not reach the standard required, then you are given the opportunity to develop your work and resubmit your assignments.



IS THERE A DEADLINE FOR COMPLETING AN ONLINE COURSE?

The Herbal Medicine Complete online course is a 2 year course, however an additional 12 months is provided so that students can create a study schedule that fits in well with their other commitments and to allow time for the unexpected. If a student has not sent in an assignment in six months, the student file is placed on hold for a further six months before being closed.

ARE THE DIPLOMA COURSES ACCREDITED?

Each of our courses are accredited and you can view details of accreditation on our website by following this link.

ARE THE DIPLOMA COURSES ACCREDITED INTERNATIONALLY?

Each country has its own requirements and there is no accreditation available that is 'international.'

Most countries do not regulate the practice of natural medicine as long as you are not diagnosing and treating disease, and you can freely practice without requiring board examinations or professional memberships, although we do encourage graduates to join professional bodies.

Some countries do require an examination in their own language, for example in Germany there is an examination required for all practitioners who make health recommendations, regardless of your qualifications.

Each graduate must educate themselves about the requirements in their own country and abide by them. School of Natural Medicine graduates practice all over the world and we have never had a graduate who has been unable to practice and/or teach in their home country.

WILL I BE ABLE TO OBTAIN PRACTICE INSURANCE UPON GRADUATION?

School of Natural Medicine graduates can obtain block insurance from Balens or Westminster Insurance Company in the UK or with an insurance company in your own country. Professional memberships also frequently offer reduced fee insurance options.

I HAVE FURTHER QUESTIONS. HOW DO I REACH THE SCHOOL TO DISCUSS THE COURSES?

You can reach the school directly by email: info@schoolofnaturalmedicine.com

To arrange a Skype call, email the school to make an appointment. The school Skype address is PureHealthSNM. You can also arrange a time to speak with Bonny Casel by telephone. Email the school to schedule a time.

WHEN CAN I BEGIN MY STUDIES?

As each student is individually mentored, you can begin your studies as soon as you ready!



HOW DO LENROLL?

1

The first step towards enrolling is to explore the school website and prospectus. Once you have a feel for our courses, get in touch to share about yourself and your goals, and to ask any questions that you have. We can also arrange a time for a Skype or telephone conversation to discuss your goals for study and your questions about our courses.

2

When you are ready to enrol you can download the application form from the school website at schoolofnaturalmedicine.com/enrol. You will need to enter your personal details, check the box next to the course of your choice and, if applicable, the immersion(s) that you wish to enrol in, check the box for your payment method preference (see below) and then choose either the time-payment or discounted payment in full option. Complete the application by signing and dating at the end of page two.

Page three of the application form is the data consent form and this must be completed and signed as well. The data consent is for the school to create and maintain your student file and to store your completed assignments.

3

Write a few words about yourself, your inspiration for study and your future goals, then submit this along with your completed application and data consent form, a scan/photo of your photo ID and a personal photo for your student file. You can email your completed application to info@schoolofnaturalmedicine.com.

4

There are several payment options. You can pay directly through the school website for both time payment and payment in full options.

Time-payments are processed by <u>partial.ly</u>, a time-payment portal that you access through the enrolment page of our website at <u>www.schoolofnaturalmedicine.com/enrol</u>.

If paying in full, you can make your payment through the enrolment page of our website and you also have the option of receiving a PayPal invoice (+3 % PayPal fee), paying by direct deposit if using a UK account or wiring funds if you are an international student. For wiring funds, please contact the school for banking details.

5

Once your complete application has been received and you have made your payment, then you will receive your course materials and you can begin!