

## HERBAL MEDICINE CONSULTANT *Diploma Course*



### *Course Description*

The Herbal Medicine Consultant online diploma course offers a comprehensive study of systemic western Herbal Medicine 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.

This course provides the foundation needed for identifying, harvesting and storing herbs, and for creating tinctures, salves, fomentations, poultices, ovules, infusions, syrups and individualised herbal formulas.

If you wish to create your own herbal pharmacy, heal yourself, family and friends, create herbal products, import or export individual herbs or herbal formula, or integrate herbal medicine with your current practitioner qualifications, this course will remain a wealth of knowledge, wisdom and inspiration for years to come.

Each student is personally mentored as they progress through their studies and lay the foundation for their future practice.

### *Course Details*

#### ACCREDITATION

- Graduates are awarded the Herbal Medicine Consultant Diploma and are entitled to use the post-nominal (HMC)
- Course accredited by AADP and Complementary Medical Association

#### STUDY

- 12 Lessons - 660 pages
- Students create their own study schedule
- 12 month course
- Each student is individually mentored as they progress through their studies.
- 18 month window for completion

#### *Course Fees*

##### **Time Payment Option**

12 monthly payments of £150

##### **Payment in Full Option**

1 payment of £1500



## *Herbal Medicine 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.
- Herbs and Healing
- Body systems 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

## *Questions & Answers*

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

The Herbal Medicine Consultant online diploma course is a 12 month course. If you commit to a study schedule of 7 hours a week you will complete in one year, however an additional six months is added to your time for completion so that you can create a study schedule that fits in with personal and professional commitments, and to allow time for the unexpected.

CAN I BEGIN WITH THE HERBAL MEDICINE CONSULTANT ONLINE COURSE AND DECIDE AT A LATER DATE IF I WOULD LIKE TO CONTINUE MY STUDIES FOR THE MASTER HERBALIST DIPLOMA?

Yes! You are welcome to begin with the Herbal Medicine online diploma training and, if at a later date, you would like to continue your studies towards the Master Herbalist diploma and/or one of our other diplomas, then your online studies will be applied in full towards your further qualifications.

HOW DO I GET HELP IF I HAVE FURTHER QUESTIONS?

Help with questions is readily available by contacting the school by email at [info@schoolofnaturalmedicine.com](mailto:info@schoolofnaturalmedicine.com). We can also set a time for a landline or WhatsApp call or a Zoom meeting. Email the school to schedule a time.



# INTEGRATIVE HERBAL MEDICINE

## *Diploma Course*



## *Course Description*

Our Integrative Herbal Medicine Diploma online course offers a comprehensive study of herbal medicine, healing diets, holistic anatomy and physiology and iridology, providing the full spectrum of modalities for creating holistic self healing programmes in a professional setting or for personal self healing.

This online course option includes the Herbal Medicine, Healing Diets Coach and Iridology Consultant online courses, and is the online study requirement for the Master Herbalist Advanced Diploma course. Those that complete these online studies have the option of continuing their studies to Master Herbalist Advanced Diploma level by attending the relevant Immersion Trainings.

Graduates of this course receive the Herbal Medicine Consultant (HMC), Integrative Herbal Medicine Therapist (IHM), Healing Diets Coach (HDC) and Integrative Iridology (IIRD) diplomas and can join the AADP as a professional member and qualify as a board accredited Holistic Health Practitioner. You can also join the Complementary Medicine Association as a professional member.

Each student is personally mentored as they lay the foundation for their future practice.

## *Course Details*

### ACCREDITATION

- Graduates are awarded the Herbal Medicine Consultant and Integrative Herbal Medicine diplomas (HMC & IHM)
- Graduates are awarded the Healing Diets Coach diploma (HDC)
- Graduates are awarded the Integrative Iridology diploma (IIRD)
- Course accredited by AADP and Complementary Medical Association

### STUDY

- 38 Lessons - 1714 pages
- Students create their own study schedule
- 24 month course
- Each student is individually mentored as they progress through their studies.
- 30 month window for completion

### *Course Fees*

#### **Time Payment Option**

12 monthly payments of £400

#### **Payment in Full Option**

1 payment of £4000





## *Herbal Medicine 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.
- Herbs and Healing
- Body systems 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

## *Iridology 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
- Rayid Model
- Flower essences, emotional healing and iridology







## *Healing Diets 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
- Liquidarian Diets
- Green drinks
- Produce hygiene
- Nutritional and medicinal properties of fruit and vegetables
- Disease progression: enervation, toxemia, 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 each life phase
- Diet for a range of lifestyles and health goals
- Diet for when recovering from illnesses and/or treatment for illness
- 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
- Vegetarian diet: philosophy, application and menu inspiration
- Nutrient dense diets 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
- Subsidised 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
- Healing Diets programme creation



## Questions & Answers

### HOW LONG DOES IT TAKE TO COMPLETE THE INTEGRATIVE HERBAL MEDICINE DIPLOMA COURSE?

The Integrative Herbal Medicine Diploma course is a 24 month course. If you commit to a study schedule of 10 hours a week you will complete in two years, however an additional six months is added to your time for completion so that you can create a study schedule that fits in with personal and professional commitments, and to allow time for the unexpected.

### CAN I BEGIN WITH THE INTEGRATIVE HERBAL MEDICINE ONLINE DIPLOMA COURSE AND DECIDE AT A LATER DATE IF I WOULD LIKE TO ATTEND IMMERSION TRAININGS FOR MY MASTER HERBALIST ADVANCED DIPLOMA?

Yes! You are welcome to begin with the Integrative Herbal Medicine Diploma training and, if at a later date you would like to continue your studies towards one of our Advanced Diplomas, then your online studies will be applied in full towards these further qualifications.

### HOW DO I GET HELP IF I HAVE FURTHER QUESTIONS?

Help with questions is readily available by contacting the school by email at [info@schoolofnaturalmedicine.com](mailto:info@schoolofnaturalmedicine.com). We can also set a time for a landline or WhatsApp call or a Zoom meeting. Email the school to schedule a time.

## School Philosophy

School of Natural Medicine was founded in 2007 on the principles of pure Naturopathy, which incorporates a holistic approach to the treatment and prevention of mind-body imbalances that lead to disease.

We seek to educate students in an authentic system of natural medicine that can be traced to the teachings of Stoicism in ancient Greece, and that was incorporated into a system of medicine by Hippocrates, widely regarded as the father of modern medicine.

The first principle of Natural Medicine, as stated in the Hippocratic Oath, is 'Do No Harm.'

This core foundation is integrated with advances in the fields of nutrition, psychoneuroimmunology, heart-brain coherence, epigenetics, phytochemical research, and holistic anatomy and physiology.

Our Natural Physician Diploma program is in alignment with the World Health Organisation definition and guidelines for Naturopaths; a definition that was created through the contributions of more than 274 reviewers, including experts and national authorities, as well as professionals and non-governmental agencies.

Naturopathy is a profession that is practiced throughout the world, with Eastern and Western Europe, Scandinavia, Australia, New Zealand, South Africa, Canada, Russia, India and the United States having the highest numbers of practicing naturopaths.

Naturopathy is classified as a traditional medicine and has evolved, since ancient times, as a deeply rooted part of European natural medicinal systems.

From Europe, Naturopathy has found its way, with the founding fathers of the United States and the Commonwealth, to all parts of the world settled by those of European descent.

**Naturopathy is a discipline of accumulated knowledge of effective natural therapies, diet, herbs and lifestyle in practice, and does not have a single originator. It is a part of our heritage.**

We invite you to join us on one of our certification or diploma courses, and begin your journey toward creating a life out of what you love!

