

# SCHOOL OF NATURAL MEDICINE

THE ART & SCIENCE



OF LIVING NATURALLY



## Master Herbalist Diploma Course PROSPECTUS

SCHOOL OF NATURAL MEDICINE

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# MASTER HERBALIST DIPLOMA



**The Master Herbalist diploma course consists of both online study and in-person 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 health, 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

Our master teachers include Bonny Casel ND MAMH, director of the School of Natural Medicine UK, who studied herbal medicine with Dr. John Christopher, Iridology and Nutrition with Dr. Bernard Jensen, Herbal Medicine, Naturopathy, and Iridology with Farida Sharan ND, epigenetic with Bruce Lipton and Quantum Physics with Nassim Hamein.

Julie Bruton-Seal, is a practising naturopathic herbalist, craniosacral practitioner, iridologist and natural healer and qualified at the Selfheal School, under Dr Jill Davies and Christopher Hobbs in 2000. She is a Council member of the Association of Master Herbalists (AMH) and was editor of the quarterly magazine, Nature's Path, now The Herbalist, for many years. Julie was also one of the founding organisers of HerbFest, an annual gathering celebrating healing plants and herbal medicine.

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.
- Latrogenic 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

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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 patient-practitioner 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 it 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 programs that incorporate education, purification and 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 science 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 tool for investigating the continuum of client health on all levels.

School of Natural Medicine UK 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 programs.

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

## **NATUROPATHY & IRIDOLOGY IMMERSION**



Learn the fundamental principles of 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.

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

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, heart brain coherence and systemic mind-body healing.

## **NATUROPATHY & IRIDOLOGY IMMERSION TOPICS**

- Philosophy and principles of natural medicine in practice
- 9 Pillars of Prevention
- Consultation skills
- Creating Holistic Naturopathic programmes
- 5 Elements and Naturopathic Therapies
- Iris Structure and Markings
- Iris Color
- 9 Body Systems in the Iris
- Iris Constitutions
- Iris Drawing and Photography
- Iris mind mapping and creative Iris Mandala project
- 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
- Clinical Training

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 in-depth, 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
- 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 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 explore different facets of the material taught in the Healing Diets and



Herbal Medicine study materials.

In this Immersion you will learn skills 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 food preparation
- Conscious 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 anti-inflammatory, 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, organized 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 Studies**

12 monthly payments of £320

or

Payment in full of £3400

### **Immersion Trainings**

Each immersion is offered on alternate years in London, with the exception of the Herbal Immersion which is located at the home, herbal pharmacy and herb garden of Julie Bruton-Seal in Norfolk.

**Healing Diets Immersion:** £1600

**Herbal Medicine Immersion:** £1350

**Essential Oils & Healing Touch:** £1350

**Naturopathy & Iridology:** £1350

**Quantum Botanicals & Flower Essences:** £1350

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



# FAQ

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

Upon graduation you will receive the Master Herbalist Diploma awarded by School of Natural Medicine UK and accredited by the AADP and AAMA.

In addition you will receive the Healing Diets Nutritional Consultant diploma and Master Iridologist diploma awarded by School of Natural Medicine UK and accredited by the AADP and AAMA.

You will further qualify as a board certified Holistic Health Practitioner and Alternative Medical Practitioner with the AAMA and AADP.

## CAN I BEGIN WITH ONLINE CERTIFICATION STUDIES AND CHOOSE TO ATTEND IMMERSION TRAININGS FOR DIPLOMA STUDIES AT A LATER DATE?

Yes! You are welcome to begin with online certification training and enrol in Immersion Trainings and the Self Healing module when ready.

## HOW LONG DOES IT TAKE TO COMPLETE ONLINE COURSES?

Students can create their own study schedule to fit in with personal and professional commitments.

**A guideline for assessing study time is as follows:**

**Herbal Medicine** - 12 lessons - 8 hours per week for 12 months

**Herbal Medicine Complete** - 38 lessons - 12 hours per week for 24 months or 8 hours pw for 36 months.

## 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.

## HOW IS THE ONLINE COURSE STUDY STRUCTURED?

There are 12 lessons in each online course (14 lessons in the Iridology course), 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?

Individual online courses must be completed within two years, although you can apply for an extension with extenuating circumstances. The Herbal Medicine Complete online course must be completed within three years, and the Naturopathy and Natural Physician online courses must be completed within four years.

Typically students complete individual online courses within one year, and the Herbal Medicine Complete within two years.

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.





# FAQ

## 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 herbal medicine, with the exception of a few restricted and/or illegal herbs, and you can freely practice without requiring board examinations or professional memberships as long as you are not diagnosing and treating specific disease conditions (herbal medicine is by definition holistic in nature so there is no conflict).

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 UK graduates can obtain block insurance from Balens insurance company in the UK, or with an insurance company in your own country. Professional memberships also frequently offer reduced fee insurance options.

## CAN I ATTEND IMMERSIONS IN ANY ORDER?

Yes! All five Immersions can be attended in any order. Clinical Training, if applicable, is attended once all online and immersions studies are complete.

## 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](mailto: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?

We have open enrolment, so you can begin your studies as soon as you wish!



# How Do I Enroll?

## 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 do so through the school website, or print the application form and complete it by hand. You will need to check the box next to the course and, if applicable, the immersion(s) that you wish to enrol in, and then choose either the time-payment or discounted payment in full option.

## 3

There are several payment options. You can make a payment directly through the school website with a credit card. We can also send you a PayPal invoice (+3 % PayPal fee or 0% if you have your own PayPal account and would like to use the 'friend and family' payment option) or you can pay by direct deposit if using a UK account or wire funds if you are an international student.

Time-payments are either for standing order on the 1st of each month for British students, or by PayPal invoice, due on the 1st of each month, for British or International students.

Students paying in full have the option of paying through the school website, through a PayPal invoice that can be paid using a credit card, a direct deposit, or a bank wire if you are an international student. Just check the box for your preference.

## 4

Sign and date the completed application form and either photograph or scan to email back to the school.

## 5

Sign and date and either scan or photograph the data consent form. This allows the school to create your student file and store your completed assignments. We will also need a scan/photo of your photo ID and a personal photo for your student file.

## 6

Email the completed application, signed data consent form, photo ID and personal photo to the school at [info@schoolofnaturalmedicine.com](mailto:info@schoolofnaturalmedicine.com) along with a few words on what has inspired you to enrol in this course and what your goals are for your studies.

**We look forward to welcoming you to the school and supporting you through your studies!**