

## MASTER HERBALIST

### *Advanced Diploma*



### *Course Description*

The Master Herbalist Advanced Diploma course consists of both online study and in-person immersion trainings:

- **Integrative Herbal Medicine online course**

- Herbal Medicine Consultant
- Healing Diets Coach
- Iridology Consultant

- **Immersion Trainings**

- Healing Diets
- Naturopathy & Iridology
- Essential Oils & Healing Touch
- Quantum Botanicals & Flower Essences
- Herbal Medicine

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 each 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 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!



## Course Details

### ACCREDITATION

- Graduates are awarded the Herbal Medicine Consultant, Integrative Herbal Medicine, Healing Diets Coach and Integrative Iridologist diplomas and are entitled to use the post-nominals HMC, IHM, HDC and IRC.
- Graduates are further awarded the Master Herbalist, Naturopathic Nutrition and Master Iridologist advanced diplomas and are entitled to use the post-nominals MH, NNA and Mlr.
- Course accredited by AADP, AAMA 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
- Immersions can be enrolled in at any point during and/or after

### Course Fees

#### Option 1: Online Course Time Payments

12 monthly payments of £400

#### Option 2: Online Course Payment in Full

1 payment of £4000

#### IMMERSIONS

- **Healing Diet Immersion** - £1800
- **Essential Oils & Healing Touch Immersion** - £1350
- **Quantum Botanicals Immersion** - £1350
- **Herbal Medicine Immersion** - £1350
- **Naturopathy & Iridology Immersion** £1350

## 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





## *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





## *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 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 consultation and 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.



## *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 study of the iris structure, markings, body systems, eliminative channels and in-depth exploration of constitutional types.

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

## *Quantum Botanicals Immersion*



This 5 day immersion focuses on plant based 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.

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).



## *Herbal Medicine Immersion*

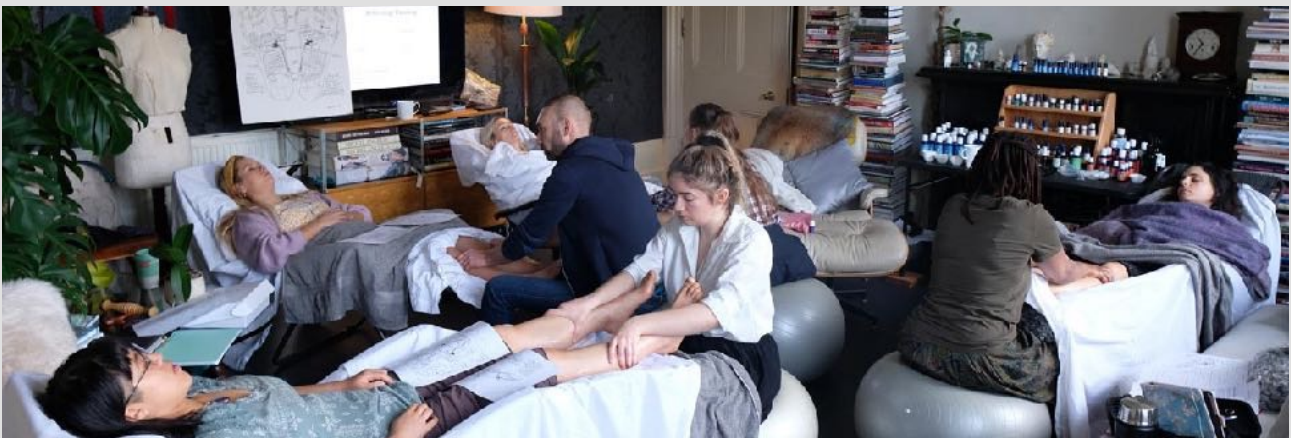


The 5 day Herbal Medicine Immersion focuses on practice, consultation and program creation skills required for effective practice.

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.

## *Essential Oils & 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.

## Questions & Answers

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

The Integrative Herbal Medicine online 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 THE IMMERSION TRAININGS FOR MY MASTER HERBALIST ADVANCED DIPLOMA?

Yes! You are welcome to begin with the Integrative Herbal Medicine online diploma training and, if at a later date, you would like to continue your studies towards one or more 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!

